



## TEDx Speaker, Author, Happiness Maven

Reen is an experienced and engaging speaker, author, and educator. She's worked for over three decades in the world of education, teaching children and adults in both Canada and England. Her style has been described as "fun, focused, and very effective".

She creates, customizes, and delivers inspiring presentations that are supported by evidence-based research. She delivers each presentation with humour and story-telling, encouraging people to expand their comfort zone and try something different, whether it's a new skill or a fresh perspective.

Reen's goal is to leave each participant with strategies they can put into action the minute the presentation is over.

*"The first time I saw Reen Rose speak, I was mesmerized by her quick wit and humour as she gracefully held the attention of every set of eyes and ears in the room. Her clear ability to deliver her message in a way that gets people excited and wanting more is one of Reen's greatest strengths."*

Jenn Kylo

Babes in Business Founder

*"Just as poised as she is hilarious, Reen was masterful at illustrating how to go from depressed and frustrated to truly happy. She not only uses her story to inspire, but gives incredible insight so you can make the same journey."*

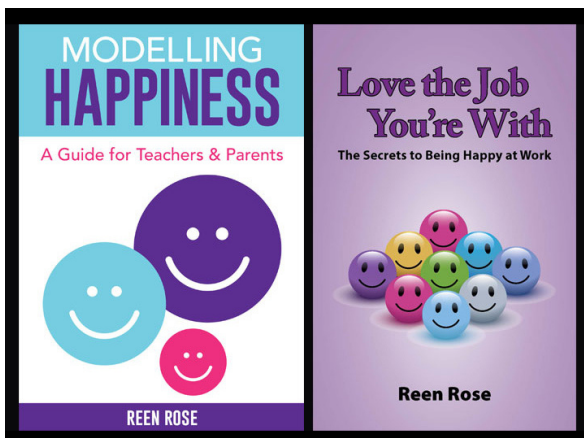
Rocky Callen

Mental Health Advocate

*"Reen Rose is a speaker extraordinaire! She holds guests captive from her first words of welcome to her closing summary."*

Patricia Chandler

Kelowna Women in Business President



# Popular Keynotes



## Happiness Habits for Hard Times

Every day, stress can suck happiness out of your life. Yet you know that your personal happiness is essential to strong mental health. How can you take care of your own happiness in a world full of tough customers and bad news?

In this inspiring keynote, you'll learn strategies and techniques that you can use daily to boost your happiness level and bolster your own mental health so you rise and shine when the going gets tough.

## The Secrets to being Happy at Work

Employee engagement and satisfaction isn't just important for mental health - it can also make or break a company's bottom line. Higher profits and significantly less turnover and absenteeism are just a few of the benefits that businesses with engaged employees experience over those with unhappy workers.

In this presentation, Reen shares some of the secrets to being happy at work that research studies on happiness have revealed. She'll also give you strategies to increase positivity and wellbeing not only at work, but in all areas of your life.

If you're a boss or manager, these secrets will give you vital information for building a positive company culture.

## Learning to Embrace Change

Humans are programmed to distrust change, even if it might make them happier. This programming is outdated and doesn't serve you. In fact, it is probably hurting you. Learn why it is important to embrace change, and what steps you can take to over-ride your outdated programming.

## Modelling Happiness

Imitation isn't just the greatest form of flattery. It's also the best way to change the world for the better. When someone sees another person living a happy life, they look closer to see how they can follow that example and do the same.

In this engaging keynote, Reen will share the research behind modelling happiness. She will also share strategies you can use to boost not only your happiness but that of the people you come into contact with.

## Contact

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