



realchange
consultants

Calgary's leading health professionals help your organization facilitate change

one step, one bite, one thought at a time.

Our real change philosophy provides a practical 'start small' approach to facilitating change in your organization. We provide customized Workplace Wellness Solutions that include:

REVIVE



WOW! Wellness Retreats

Sometimes change needs a change. Leave the distractions of the office behind and jump into a retreat that will WOW your team and inspire real change. Events can be local or out of the city and can include ½ or full day options. Plan a day for managers only, or for your entire team.

INSPIRE



Conference Keynotes

The goal of a keynote is to get people excited and inspired. Real Change Consultants provide high entertainment and educational value to motivate people to make small steps for real change. Open or close your annual event or company wide meeting with one of our empowering keynotes.

EDUCATE



Full Year Wellness Programs

While keynotes are meant to inspire, workplace wellness programs are designed to help you move ahead with the skills and information needed to translate knowledge into action. Here's where the foundation of real change strengthens. Programs range from single session 'fundamentals' classes to 6-part skill development series'.

For more information contact us **TODAY!**

Visit www.realchangeconsultants.com or phone **403-862-REAL (7325)**.



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Your 'one-stop' source for employee wellness!

Diverse topic choices. Consistent message. Simplified planning.

Why invest in wellness?

Your 'Real Change' Return on Investment:

- Learn 'start small' tips to look and feel your best everyday
- Gain productivity and energy for work and play
- Bounce back from stress and heavy work demands
- Boost physical health to lessen illness and sick time
- Find REAL balance in a fast paced world



International Federation For Professional Speakers
Advancing the Professional Speaking Community Worldwide

Principle Consultants



Michelle Cederberg, Fitness Motivation Expert

Michelle is a professional speaker with a passion for inspiring audiences. As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable life balance, time for fitness, heightened stress 'defense', and the energy and confidence they bring! She completed her Masters in Kinesiology at the University of Calgary, specializing in Exercise and Functional Fitness, and Health and Exercise Psychology and is a Professional Fitness and Lifestyle Consultant. She has built her career in the fitness industry since 1990, as an instructor, personal trainer, and educator, and now expands that practical experience into motivational speaking and consulting.



Andrea Holwegner, Registered Dietitian

As president of Health Stand Nutrition Consulting Inc. Andrea has counseled hundreds of individuals on the benefits of healthy eating. She is an inspiring speaker who leaves audiences with leading edge tips for positive nutrition choices. Andrea counsels Team Canada athletes via the Canadian Sports Centre Calgary, and highly respected physicians send patients to her for her extensive knowledge. With a Bachelor of Science degree in Nutrition and Food Sciences, Andrea also completed a Dietetic Internship to become a Registered Dietitian. She is a regulated member of the Dietitians of Canada, the College of Dietitians of Alberta, the Canadian Association of Professional Speakers, and acts as a media spokesperson for the Dietitians of Canada.



Dr. Colleen Cannon, Clinical Psychologist

Colleen has many years of experience developing and facilitating workshops for client groups. Her unique style is consistently described as relaxed and professional, practical and thought provoking. Colleen holds a Ph.D. in clinical psychology from Queen's University and has taken an active leadership role in various health care settings, training other health care providers, supervising Ph.D. students and interns and presenting at national conferences. She is registered with the College of Alberta Psychologists, and is a member of the Academy for Eating Disorders.