

CLAIRE ROGERS

SPEAKER • COACH

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Learning to thrive in a VUCA world

Today in business, success does not come from peddling faster, yet we often don't understand the difference between activity and productivity, but that is where success lies. Time pressures, family pressures, work pressures; how to balance it all without burning out? That's the question.

In this session, using a unique scientific understanding of happiness at work and creating a culture of health gained from her studies with UC Berkeley and Harvard Business School as well as the lessons gained from her personal struggle to find balance in a changing world, Claire Rogers will provide tangible, workable steps for building a healthy, fulfilled workforce.

About Claire

Claire Rogers specialises in speaking on corporate wellness to support, improve and enhance employee wellbeing, talent retention, productivity and employee engagement.

She is passionate about driving business strategies and ensuring results whilst also maintaining employee health and wellness.

She holds a professional certificate from UC Berkeley on the Science of Happiness at Work as well as a certificate from Harvard Business School on Improving Business Through A Culture of Health.

Claire has spoken at conferences sponsored by KPMG, Shell, LNG Canada, Encana, and Royal Bank of Canada amongst others.

From the moment that Claire took to the stage, we knew that we were going to witness a first hand accounting of a traumatic event. It began with her sharing her story of surviving a face to face encounter with an angry grizzly bear to her sharing her story of surviving a terrifying experience with anxiety and depression.

Her story touched many in the room. It was raw and authentic and each word was chosen thoughtfully and carefully to acknowledge the power that anxiety and depression has on many of us. The room was still - you could have heard a pin drop.

I would not hesitate to recommend Claire to any organization who is seeking a speaker who can share such a personal experience with such a worthwhile message. Self care....is important, is necessary and we are not weak when we seek self care.

Judy Kucharuk
Special Events Manager, Encana Events Centre