

# Dawn Brown

## Igniting the change agent in you!

Dawn promotes emotional health and shows people how to thrive in times of change. Her insightful presentations are the results of years of experience in the health, educational, and counselling professions and are shared with audiences to bring about the following results:

- Increased ability to handle uncertainty and move through change productively
- Enhanced employee morale and loyalty
- Increased ability to recognize and manage stress
- Strengthened ability to shift one's perception to improve problem-solving
- Increased emotional intelligence in work teams



Her message is simple and effective:

**“While we can’t change the people and events in our lives, we can choose to shift our perceptions of them.”**

Dawn Brown, M.Ed. (Counselling) has shared her message of hope with audiences nationally and internationally through her keynotes, seminars, writings, and radio and television interviews. She is author of *That Perception Thing!*, *Choosing Opportunity*, and co-author of *Expert Women Who Speak...Speak Out*.

## Most Requested Topics

### Shift Your Perception...Change Your Life!

This presentation empowers the audience by increasing their awareness that they can make powerful changes in their lives by shifting how they look at life's challenges. Whether the change is internal or external, the perception shift starts within each of us.

### Emotional Intelligence for Workplace Success

In today's workplace, the most intelligent or highly qualified person may not have the emotional make-up to cope with the pressures and stresses common place in our work environment. We have the ability to improve our emotional intelligence at any point in our lives. Find out what it means to be "emotionally smart".

### The Ups and Downs of a Balanced Life

Self-care is good business! Our careers and personal lives are intertwined. Knowing our priorities and being able to set limits help in maintaining focus and managing the demands. This talk inspires participants to create strategies they can use on a daily basis in all areas of their lives.

### Doing It Anyway!

This is an invitation to experience the sense of freedom that comes with a little willingness to look at what fear is, move through it, and then move on. This laughter-packed session examines the signposts that show us a better way to do so. Here are proven strategies to move us forward when we want to turn and run!

### Happiness: The Road or the Destination?

As long as we feel there is something lacking in our lives, we will keep searching for outward signs of success. This presentation guides us towards self-acceptance and uncovering our personal strengths that form the foundation of happiness.

## What Clients Say

*Your wealth of knowledge, experience and insights that you shared, was truly inspiring. The effect is still being felt in our workplace. Individuals are giving serious thought to the issues of self-care, your name continues to be mentioned and your phrases coined. Your human touch lingers with us still. Once again, thank you for refreshing and encouraging us.*

**-Janissa Read, Senior Manager, Canada Pension Plan**

*Your expertise lies in seeing the path to a positive outcome and being able to articulate that path clearly. It is impossible for anyone to listen to what you have to say and then leave in the same frame of mind in which they came.*

**-Daniel Klassen, Ph.D., Professor, Lakehead University**

*Our guests just loved you! You gave them an evening of insights and laughter. Thank you so much for your wonderful presentation.*

**-Dziyana Minich, Evening Program Director, New Age Health Spa**

*You are simply a true inspiration. For me you were the trigger for making some major changes in my life, personal as well as professional. Your message is so simple, but so needed to be said! You made workable for me something that was there inside of me, but not able to come out yet. I would really like to thank you for your inspirational words and your book.*

**-Bianca Hartman, The Netherlands**

**To book Dawn for your next event, contact:**

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