



# Shift to connectedness

Prioritizing Authenticity  
for Health, Wellness, and Belonging

Authenticity isn't soft—it's the foundation of trust, connection, and engagement.

In a world that rewards productivity over presence, many people feel disconnected—from themselves, from others, and from the support systems meant to sustain wellbeing. In this heartfelt keynote, Janice shares why authenticity is not self-indulgent, but essential to mental, emotional, and relational health. Participants leave feeling grounded, validated, and empowered with practical tools to support their own wellbeing and strengthen their communities.

## Health & Wellness Outcomes

### Participants will:

- **Understand** how emotional disconnection impacts mental and physical health
- **Learn** why authenticity is foundational to emotional wellbeing
- **Recognize** the cost of people-pleasing and emotional suppression
- **Gain** tools to reduce stress through clear needs and boundaries
- **Reconnect** with compassion, belonging, and community

## Speaker

Janice brings over 15 years of experience as a keynote speaker, author, certified life coach, and professional counselor, guiding individuals toward what matters most—nurturing authentic relationships, emotional well-being, and vibrant community connections.

## Overview

Disconnection is more than a social issue—it's a health issue. Chronic stress, emotional suppression, and a lack of meaningful connection contribute to burnout, anxiety, and declining mental and emotional wellbeing.

Shift to Connectedness is an inspiring and practical keynote experience that explores how authenticity supports mental health, strengthens relationships, and restores a sense of belonging. Through personal insight and evidence-informed practices, Janice helps audiences reconnect with themselves and one another—while supporting initiatives that expand access to wellness and connection.

*"Janice embodies the concept of connectedness."* – Conference Participant, Winter 2025



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