

Susan Stewart
comedian | author | speaker



you shine the brightest when you lighten up

Susan Stewart is represented by K&M Productions (Toronto)
For bookings, fees & more information, contact us:
905.831.0404 | info@kmprod.com |
<http://www.kmprod.com/speakers/susan-stewart>

Susan Stewart

I share the art and practice of seeing the lighter side of life. The art is believing in our ability to overcome adversity and knowing that there is always more than one way to see things. The practice is being deliberate with how we respond to the changes and challenges that come our way.

As stress and negativity continues to prevent us from thriving personally and professionally, I share ways to meet life with humour and a positive outlook. I also reveal how seeing the lighter side of life helps us fulfill our potential and improves our odds for success.

I want people to see what happens when they don't take life or themselves too seriously. (in larger, red font used on my event hosting & comedy page)

Professionally speaking, I've taken a winding road. After earning a Theatre Arts degree from the University of Waterloo, I moved to Toronto and began performing stand-up comedy. Five years into my budding comedy career, fear, self-doubt, and negative self-talk manifested into depression and anxiety which led me to hang up my microphone not knowing if I would be able to perform on stage again.

After leaving comedy, I landed a Human Resources position with the Ontario Government – long story and feel free to laugh. During my career as an Organizational Learning and Development Consultant, I was asked to present a comical presentation about wellness at a staff meeting. My presentation was a smash-hit and since that day I have been using my comedic powers for good, rather than evil. A humourist/inspirational speaker was born.

After I found my way back on stage, I began a personal journey of healing and improving my mental health by exploring spirituality, mindfulness, yoga, and Buddhism.

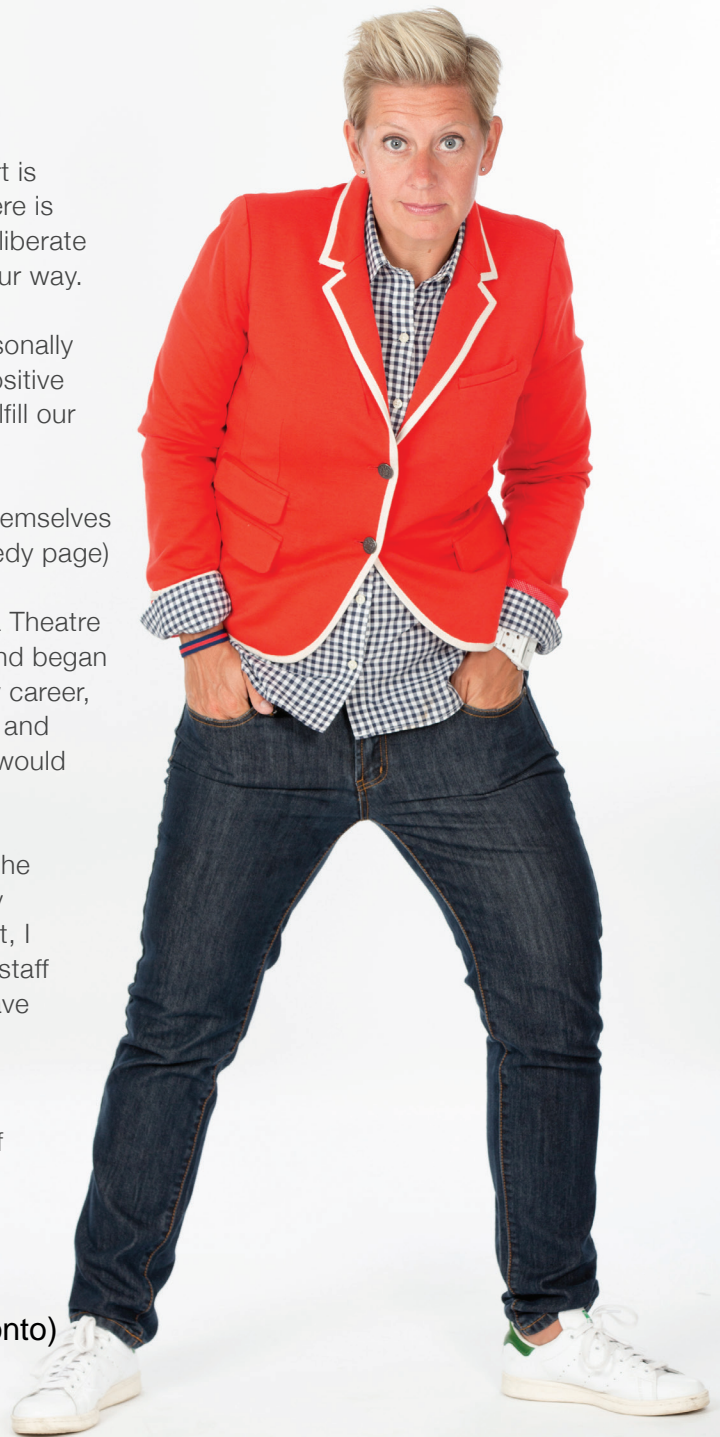
Let's talk...

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“Susan writes with such honesty, vulnerability and humility I think everyone can relate to her journey in some way. Her common sense, pointing out the truth and her passion for laughter makes this a must read for any one who is on their journey to becoming the person they were born to be.”

Anita Vandeneysel

Susan's Programs

YOU GOTTA LAUGH: Healing Stress With Humour

Susan delivers a hilarious reminder of the ways life can dare us to complain and how powerful it is to see the humour in our challenges.

YOU CAN'T BE SERIOUS! Why Science Wants Us To Lighten Up

Of course, you can be serious, however, you are far more able to fulfill your potential when your body and mind is relaxed. In her signature comedic style, Susan reveals what neuroscience and psychology are proving about the professional benefits of fostering a positive outlook. Your group will discover the connection between our mindset and creativity, experience the influential power of mirror neurons, and learn a simple and effective way to strengthen relationships at work.

REACHING THE *LAUGH* RESORT: A Comedian's Journey To Finally Lightening Up (And Taming The Heckler In Her Head)

life (or herself) too seriously. With her signature high energy and wit, Susan reveals how to reclaim that joyful true nature you showed up with at the very beginning of your life

THE ADVANTAGES OF HAPPINESS: Putting The Powers Of A Positive Mindset To Work!

Susan reveals the truth about what causes happiness and what happiness causes. By learning what neuroscience and positive psychology are proving about the powers of a positive mindset, your group will discover how to reap those rewards by believing that happiness is always possible, exploring the main habits of optimism, and examining the relationship between happiness and success.

**an interactive version of this program is available*

YOUR NEW LENSES ARE READY FOR PICK UP: Harnessing The Powers Of A Positive Mindset By Seeing The Lighter Side Of Work And Life

Susan shares some ways to see the lighter side of life and the professional advantages of fostering a relaxed, positive mindset.

Susan's Programs

YOUR NEW LENSES ARE READY FOR PICK UP:

Seeing Change In A New “Light”

Through sharing her personal story of struggle with a major change that occurred in her professional life, Susan challenges our existing perceptions and beliefs about change and offers ways to embrace uncertainty.

CHOOSING JOY OVER STRESS:

Reclaiming Your True Nature In A “Wild, New World”

In this lighthearted and interactive program, Susan will give your team members a powerful set of tools to reduce stress and increase resiliency through the practices of mindfulness and optimism. This program is a unique learning experience that will give your team members an opportunity to examine how their mindset shapes the reality in which they exist and be deliberate with their outlook as they strive to reach their goals.

**this is an interactive program that can be 90 min. to a half day in length*

THE LAST LAUGH

This program is pure comedy! Your group will sit back and have a good laugh and leave your event feeling energized and inspired to see the lighter side of life.

*The art is a mixture of optimism, clarity, and cozying up to uncertainty. The practice is mindfulness – carefully selecting the lenses through which you view the world. All in the name of self-care. All in the name of working and living with more ease. All in the name of making a positive impact on the lives of others. **You shine the brightest when you lighten up.***

Here's what they're saying about Susan...

“...a first class presenter who made us all laugh our heads off, while allowing us to learn how not to take ourselves too seriously . Susan is the perfect package!”

Mena Kelly, Ottawa Catholic School Board

“Be prepared to have a few good laughs and also learn strategies to deal with daily work difficulties. I would highly recommend her.”

Donna Barber, City Of Hamilton

“Susan was fantastic - her messages are what busy, focused people need to hear!”

Lisa Leclerc, Manager, Ministry of the Attorney General

“Our staff absolutely loved Susan's presentation - it had such a great message and so many of the things Susan talked about our staff related to and saw themselves in what she was saying.”

Mary Maw, Caledon Public Library

“...our employees enjoyed Susan's presentation. E-mails of appreciation and raving about how much they enjoyed the morning have been flying.”

Donna King, Family & Children's Services of St. Thomas & Elgin

“Susan made me laugh right out loud so that at the end my cheeks were sore from laughing...she gave us so much great information and I plan to implement what was suggested...as they say – she made my day!”

Catherine McLaren, Probation/Parole Service

“It's not often that a speaker engages her audience as Susan did and left them wanting more. There were many laughs and ah-ha moments. Our audience left our event relaxed and better prepared to manage challenges, as a result.”

Diana Zanin, DBM Canada

“Susan kept our attention with important key messages, humour, and energized the entire room!”

Donalda McCabe, City of Toronto

“...from all evaluations I have received, Susan was the top attraction and most appreciated speaker of our event. Susan helped change and re-motivate all participants - Susan made our event a SUPER success.”

Denise Bondy-Cockwell, Canada Revenue Agency/Simcoe Muskoka Interministerial Council

“I thoroughly enjoyed Susan's speech....I actually left wanting more!! She was definitely the highlight of the conference for me. It really shows that she loves what she does.”

Debbie Crowder, Ontario Municipal Administrator's Association

“Susan was a HUGE HIT yesterday!!! There was SO much good feedback from her presentation! Susan is polished and has great comedic timing!”

Heather Wood, Ministry of Community & Social Services

“Susan was (as promised) entertaining and thought provoking.”

KD Moore, Kinette Club Of Fort Erie

“Susan is an amazing presenter who shares her valuable message with great humour. We organize an annual conference and before we met Susan we hired a new keynote speaker each year. Since hiring Susan our attendees have begged us to bring her back each year. This is unheard of in our experience but once you've heard Susan you understand.”

Vera Adamovich, Women In The New Century Conference, Ottawa

“Susan was TRULY AMAZING!! My cheeks still hurt from laughing.”

Michelle Biro, Brantford-Brant Chamber Of Commerce

Some of Susan's Clients

AIR LIQUIDE CANADA
ALGONQUIN COLLEGE
ASSOCIATION OF CANADIAN COMMUNITY COLLEGES
ASSOCIATION OF MUNICIPAL EMERGENCY MEDICAL SERVICES OF ONTARIO
ASSOCIATION OF MUNICIPAL EMERGENCY MEDICAL SERVICES OF ONTARIO
ASSOCIATION OF WOMEN'S HEALTH, OBSTETRIC & NEONATAL NURSES
BELLWOOD HEALTH SERVICES
BMO FINANCIAL GROUP
BRANTFORD-BRANT CHAMBER OF COMMERCE
BROCK UNIVERSITY
BRUYERE CONTINUING CARE
CANADIAN GERONTOLOGICAL NURSING ASSOCIATION
CANADIAN INSTITUTE OF CHARTERED ACCOUNTANTS
CANADIAN MENTAL HEALTH ASSOCIATION
CANADA REVENUE AGENCY
CENTENNIAL COLLEGE
CITY OF HAMILTON
CITY OF TORONTO
COLLEGE OF EARLY CHILDHOOD EDUCATORS
COMMUNITY CARE ACCESS CENTRES
COMMUNITY LIVING LONDON & WINDSOR
COURT REPORTERS ASSOCIATION OF ONTARIO
DISTRICT MUNICIPALITY OF MUSKOKA
DUFFERIN-PEEL CATHOLIC DISTRICT SCHOOL BOARD
DUPONT CANADA
DURHAM DISTRICT SCHOOL BOARD
DURHAM REGION PUBLIC HEALTH
EDUCATION SAFETY ASSOCIATION OF ONTARIO
FAMILY & CHILDREN'S SERVICES NIAGARA
FAMILY TRANSITION PLACE

FANSHAWE COLLEGE
GRAND ERIE DISTRICT SCHOOL BOARD
GREATER CITY OF SUDBURY
GREATER ESSEX COUNTY DISTRICT SCHOOL BOARD
HAMILTON PUBLIC HEALTH
HASTINGS & PRINCE EDWARD COUNTY SCHOOL BOARD
HEALTH CANADA
INDUSTRIAL ACCIDENT PREVENTION ASSOCIATION
INTACT INSURANCE
KAWARTHA CHILD SERVICES
KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD
LIMESTONE DISTRICT SCHOOL BOARD
LINDE CANADA LTD.
LIQUOR CONTROL BOARD OF ONTARIO
MERCER CANADA
MIDDLESEX-LONDON HEALTH UNIT
MOUNT SAINT VINCENT UNIVERSITY
MT. SINAI HOSPITAL
NAV CANADA
NOVARTIS CONSUMER HEALTH INC.
ONTARIO ASSOCIATION OF YOUTH EMPLOYMENT CENTRES
ONTARIO ASSOCIATION OF SCHOOL BOARD OFFICIALS
ONTARIO CO-OPERATIVE EDUCATION ASSOCIATION
ONTARIO MUNICIPAL SOCIAL SERVICES ASSOCIATION
ONTARIO OCCUPATIONAL HEALTH NURSES ASSOCIATION
ONTARIO PUBLIC SERVICE (various ministries)
ONTARIO SECONDARY SCHOOL TEACHERS' FEDERATION
OTTAWA-CARLETON DISTRICT SCHOOL BOARD
OTTAWA PUBLIC HEALTH

PEEL DISTRICT SCHOOL BOARD
PEEL PUBLIC HEALTH UNIT
PETERBOROUGH & THE KAWARTHAS TOURISM
PORTAGE COLLEGE
PROBATION OFFICERS ASSOCIATION OF ONTARIO
PUBLIC HEALTH AGENCY OF CANADA
RAINBOW DISTRICT SCHOOL BOARD
REGION OF WATERLOO
REGION OF WATERLOO PUBLIC HEALTH
REGISTERED NURSES ASSOCIATION OF ONTARIO
RICHARD IVEY SCHOOL OF BUSINESS
SASKATCHEWAN POLYTECHNIC SCHOOL OF NURSING
SASKATCHEWAN SCHOOL OF NURSING
SCARBOROUGH HOSPITAL
SENECA COLLEGE
SIMCOE COUNTY DISTRICT SCHOOL BOARD
SIMCOE MUSKOKA CATHOLIC DISTRICT SCHOOL BOARD
SIMCOE MUSKOKA DISTRICT HEALTH UNIT
SUDBURY CATHOLIC DISTRICT SCHOOL BOARD
SUDBURY & DISTRICT HEALTH UNIT
THAMES VALLEY DISTRICT SCHOOL BOARD
TORONTO PRE-SCHOOL SPEECH & LANGUAGE SERVICES
TORONTO SCHOOL BOARD ADMINISTRATORS ASSOCIATION
UNIVERSITY OF TORONTO
WATERLOO CATHOLIC DISTRICT SCHOOL BOARD
WATERLOO CRISIS SERVICES
WESTERN CANADA ROADBUILDERS ASSOC.
WINDSOR ESSEX CATHOLIC DISTRICT SCHOOL BOARD
WINDSOR REGIONAL CHILDREN'S CENTRE
YORK REGION

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