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**Stress Management & Resiliency Expert;
Work Life Balance Speaker**

<https://www.kmprod.com/speakers/denise-marek>

Bio

Award-winning speaker Denise Marek is internationally known as the Worry Management Expert and the creator of the CALM™ methodology for worry-free living. As a lecturer, consultant, and writer, Denise empowers individuals, associations, and organizations around the globe to reconnect with their inner peace, overcome their fears, and take the risks essential for personal and professional success. She also teaches CALM Online, a four-week program to let go of worry, reduce stress, and create a happier life.

Denise is the author of several books, including *CALM: A Proven Four-Step Process Designed Specifically for Women Who Worry* (Hay House, 2006) and *CALM for Moms: Worry Less in Four Simple Steps* (Familius, 2022). Her books have been translated into seven languages. She also wrote about worry, stress, and resiliency for *Body + Soul*, *Insight Magazine*, *Chatelaine*, and *Canadian Family*.

Denise has been awarded the Toastmasters International Accredited Speaker Award for Professionalism and Outstanding Achievement in Public Speaking. She was the first woman in Ontario to receive this honour, and fewer than 100 individuals worldwide have received the Accredited Speaker designation. [morelink]

Topics

Live or Virtual:

Denise Marek's Speaking Presentations:

CALM: Transform Worry into Inner Calm [morelink]

CALM: The Keys to Reducing Stress for CEOs, Leaders, and Executives [morelink]

Communicating with Difficult People: Bringing out the Best in People at their Worst [morelink]

Risks For Success: Overcome Fear & Achieve Success [morelink]

Denise Marek is represented by K&M Productions for **speaking engagements**. For more information & **booking Denise Marek, contact us**.