



Marie-Josée Shaar

Wellness and Motivational Speaker

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Marie-Josée Shaar has dedicated her career to the application of positive psychology in the workplace. Born in the French-speaking suburbs of Montreal and eventually relocating to the Carolinas in the U.S., she's traveled around the world to educate employees and employers alike about the importance of consciously creating fuller, healthier lives through pragmatic lifestyle changes and strategic shifts in perception. Her signature mixture of science-backed behavioral research, illuminating personal stories and high-energy delivery have won Shaar clients ranging from Fortune 500 companies to government agencies and universities. Her engaging wellness workshops and presentations have been translated into four languages and delivered in ten countries on four continents. Her book *Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance* appeared on Amazon's Healthy Living Best Sellers list in the U.S. and Canada. She's especially proud to have worked with luminaries in the field like Martin Seligman, Chris Peterson and Dee Edington. Shaar's training includes a master's degree in applied positive psychology from the University of Pennsylvania as well as a year-long study program with the National Speakers Association and several wellness-related certifications.