

MAKING *healthy lifestyles*
ACCESSIBLE, ENJOYABLE AND SUSTAINABLE
FOR WELLNESS-INTERESTED INDIVIDUALS.

TRAINING *wellness professionals* IN THE SaaS MODEL,
HELPING THEM **BROADEN THEIR HORIZONS AND**
REACH HIGHER LEVELS OF EFFECTIVENESS.

Marie-Josée Shaar



After a first career in the fast-paced corporate world, Marie-Josée Shaar founded **SMARTS AND STAMINA** to help others adopt and maintain healthier lifestyles. Through research, coaching and teaching, she developed a model that is highly customizable, effective, and that limits the amount of self-discipline needed to achieve success.

She speaks on the topics of energy and stress management, productivity, as well as sleep, food, mood, and exercise habits. Her clients, colleagues and training participants find that her joyful energy brings out their own strengths and positivity.

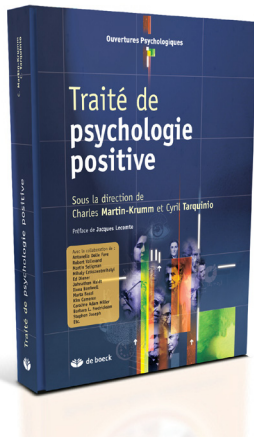
HER VISION

To be a leader in reversing the current epidemics in sleep deprivation, obesity, depression and physical inactivity.

CREDENTIALS

- > Master of Applied Positive Psychology, University of Pennsylvania
- > Certified Personal Trainer, AFPA
- > Certified Nutrition and Wellness Consultant, AFPA
- > Bachelor in Organizational Behavior, McGill University

continued...



PUBLICATIONS

- > Co-Author — *Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance* (Positive Psychology Press, 2011)
- > Chapter author — titled “The Wellness Compass: From Positive Psychology to Positive Health” in the scientific book *Traité de Psychologie Positive* (DeBoeck, 2011)
- > Contributed numerous articles to *Positive Psychology News*

Have you ever wanted to **SCREAM** at the next person who tells you what you “should” do in order to reach a personal wellness goal? MJ Shaar takes a **DIFFERENT APPROACH** — one that’s non-judgmental, grounded in the science of what works, and is all about learning along the way. There are no wrong turns on the SaS journey. The **FOCUS IS ON WHAT YOU WILL DO**, not what you won’t. **HALLELUJAH!**

AMY TARDIO

Huffington Post contributor & Professional Wellness Coach

Former Fitness Editor — *GQ* & Fitness Director — *SELF*, *Vogue*, and *Glamour*

DISTINGUISHED SPEAKING/TEACHING ENGAGEMENTS

NATIONALLY

- > University of Pennsylvania
- > Cardiovascular Institute of Philadelphia
- > Mentor Coach
- > Preston Leadership
- > Green Spa Network

INTERNATIONALLY

- > McGill University (Canada)
- > Nautilus Plus (Canada)
- > University of East London (England)
- > Geelong Grammar School (Australia)
- > Scientific Committee of Château Cassan (France)

