

Marie-Josée Shaar

No matter where you're from or where you're going, no matter what your religious beliefs or political affiliations are, one thing unites us all: the desire to feel good, do well, and leave a positive mark on the world. Marie-Josée Shaar (MJ) founded Smarts and Stamina in 2007 with the intention of helping people do just that. But after teaching, coaching and studying how to improve our sleep, food, mood and exercise habits for over 13 years, MJ recently turned her attention to helping health and wellness professionals add new tools to their repertoire. Today she is a curriculum designer and facilitator offering continuing education to coaches, and a keynote speaker for corporate wellness programs. MJ has a bachelor in Organizational Behavior from McGill University, a Masters in Applied Positive Psychology from University of Pennsylvania. She is also a certified Nutrition and Wellness Consultant, Personal Trainer and Wellness Culture Coach. She has facilitated workshops in various universities, Fortune Companies, wellness organizations and governmental agencies nationally and internationally. Her book, co-authored with Kathryn Britton, MAPP, is titled Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance. It hit the Amazon Healthy Living Bestseller List on many occasions, both in the USA and in Canada. You can find her at SmartsAndStamina.com, or on Facebook.com/SmartsAndStamina.