

MJ Shaar



Keynote Speaker | On-Camera Motivator | Positivity Inducer

work&life design



TO BOOK MJ

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MJShaar.com

SPEAKING TOPICS

- Employee health and well-being
- Quiet quitting
- Building a sense of belonging & trust in the workplace
- Creating meaningful experiences for stakeholders
- Request a speech on a topic of YOUR choice.

SPEAKER LINKS

Bio

Speaker reel

Speaking style samples

Testimonials



CUSTOMIZABLE TEAM-BUILDING & WELLNESS EVENTS FOR BUSINESSES & ORGANIZATIONS IN THE TRIANGLE

Revitalize your team with inspiring customized events that combine team building and wellness! Positive psychology expert MJ Shaar offers 15-60 minute speeches packaged with high-quality cuisine from one of North Carolina's premier restaurants to create a long-lasting and meaningful experience for your next important message. Whether you're focused on team-building, leadership strategy discussions, or employee wellness sessions, your stakeholders are sure to feel re-energized by addressing today's biggest HR concerns in a new, exciting environment!

WHY PRODUCE AN EVENT, RATHER THAN HOLDING A REGULAR MEETING?

Nobody wants to sit through another bland meeting anymore! But an event? Nobody wants to miss that! Plus, with MJ's flair, you can be sure to:

- Increase employee engagement - and excitement - for your message
- Re-engage the relationships that develop a cohesive team as a result of face-to-face interactions
- Provide a roadmap for improved workplace culture



Where does this all happen?

To accomplish her vision of improving workplace cultures one event at a time, MJ has partnered with a very versatile Wake Forest restaurant that provides:

- Private space to accommodate groups (10 - 110 participants)
- Customizable menus (with wine pairing suggestions if desired)
- Transportation to and from your workplace (if needed)

How does it work?

Choose from one of MJ's time-tested, prepared speeches or request a customized message to address your unique concerns. Either way, MJ and her team will create a memorable event people will talk about for a long time!



Prepared Speeches by MJ Shaar

- “The Roadmap to Wellbeing Nobody Knows”
- “Tips to Become the Positive Energizer Every Team Needs”
- “From Mundane to Meaningful: Work & Life Design to ELEVATE Your Game”

Can this double up as a retirement party or an event to give out performance awards?

MJ's speeches are short - and fun! - so that you always have time for your own agenda items and for the social bonding that will improve team performance.