

Why Hire Phyllis Reid-Jarvis as a Keynote Speaker?

Phyllis has a well-established record as a professional motivational speaker on nutrition and health topics to large and small groups. With training in toastmasters as well as a former member of the Canadian Association of Professional speakers, Phyllis expertly uses the art of communication to reach out to her audiences.

Phyllis's extensive background in public speaking is further enhanced by her time working as a former columnist for CBC Radio. In this capacity Phyllis hosted a weekly segment entitled "Food for Thought". She is regularly sought after by the Canadian press; newspapers, television and radio. Phyllis has delivered keynote presentations to many large and small Manitoba companies over the past 17 years. She is regularly asked back year after year by these companies, which is a testament to her excellent oral skills and informative and timely topics.

Why Hire Phyllis Reid-Jarvis as a Workshop Facilitator?

Phyllis has a proven track record as a consulting Dietitian/Health Educator. She has designed and delivered many workplace wellness programs to companies over the past 17 years. As an experienced clinical Dietitian in the areas of diabetes, heart disease, obesity/weight management, high blood pressure, food and mood, Phyllis has delivered many workshops to hundreds of participants seeking ways in which to improve and manage their health successfully.

For examples of workshops and keynote presentations offered by Phyllis Reid-Jarvis, please see our section entitled **Seminars and Keynote Speaking**. To book Phyllis to speak at your next conference/team building events or to facilitate a workshop, please call us toll free: 1-877-655-0507 or Email: solutions@phyllisreidjarvis.com