



Steven Langer

International Keynote Speaker



Steven is a highly-rated international speaker and facilitator with years of experience as a senior leader and executive in public and private sectors, as well as executive HR management and organizational behaviour. He is also a lead curator for an international wellness magazine, and has appeared on several podcasts and publications.



Speaker Video

Steven works with organizations to amplify their organizational wellness, design healthy workplace cultures, and empower teams to reach their optimal potential.

Thriving Not Surviving: Building The Foundations of Sustainable Wellness

Do you feel that no matter how much effort you put into your company, you're spinning your tires and not getting where you want to be? Are you trying to create a healthy workplace culture but don't seem to be hitting the mark, and even you are exhausted and just hanging on?

More than ever, mental health and wellness is an important aspect of a healthy workplace culture. Together we explore how to cultivate personal and professional habits for wellness, how to recognize and mitigate signs of burnout in themselves and their colleagues, and how to live a life by design.

Whether you're feeling overwhelmed, on the verge of burnout, or simply seeking a more sustainable lifestyle, this engagement will empower you to live your life with greater intention.

WHAT CLIENTS ARE SAYING

Thank you! It was fun, interactive and realistic with options that can be tailored to each individual. All the team feedback I've heard so far has been incredibly positive.

Margaret, CPA Western School of Business

Steven, you are a naturally gifted speaker who engages the audience and keeps them captivated throughout. The content you discussed was incredibly informative and delivered in a way that maintained interest from start to finish.

Leslie, HR Coordinator, CAPIC