



Business Profile

Wendy Turner-Larsen Leadership/Health Coach, Training Consultant, Speaker

With almost 20 years experience as a professional counselor and psychologist, Wendy is well equipped to work with diverse employee groups within organizations and to lead and facilitate relevant and high value training and learning experiences. Wendy earned a Master of Arts in Counseling/Psychology, a Masters degree which focused on adult education and leadership development and a Master of Science degree in Health and Nutrition Education. She incorporates this new and leading edge area of the science of brain health into her coaching, training and speaking to offer a unique approach to individual and organizational change and growth. She has studied and worked internationally. In 1996, Wendy established her private counseling practice in Regina SK and since then has developed expertise in workplace issues such as emotional intelligence, resilience and stress management, managing emotions in the workplace, conflict resolution and resolving complex employee challenges. Through her business, Turner Larsen Consulting, she provides a wide range of leadership/executive/health coaching and corporate training initiatives.

Her expertise lies in the area of emotional intelligence in the workplace, brain health and how this relates to leadership and peak performance, emotional wellness and stress management and how to effectively create work cultures that are emotionally smart. She is a licensed facilitator of the emotional intelligence program and workshop known as Emotional SMARTS® and is the designer and facilitator of the Personal Excellence Program, a 2 day in-depth workshop addressing key emotional intelligence competencies and Running on Empty, a resilience and stress management approach to workplace and personal stress and well being. A much sought after leadership and executive coach, Wendy is also an insightful and engaging facilitator and communicator.

Wendy has also been in the media, speaking on the John Gormley show on workplace bullying, and guest appearances on BigDog discussing work and stress.

While establishing and sustaining a full time, successful counseling practice, Wendy also:

- Designed and delivered a 10 week program, run one-half day a week for SGI. This program known as the Personal Excellence workshop was delivered over a seven year period at Saskatchewan Government Insurance. Since that time, this training has been implemented by other organizations such as SaskEnergy, the City of Regina, DirectWest and Farm Credit Canada. Feedback rating a recent Personal Excellence workshop, 95% of attendees rated the overall workshop as 'excellent.'
- Designed, customized and delivered numerous non-technical, interpersonal workshops for a variety of Saskatchewan based organizations.
- Initiated and launched one of Regina's first major conference/workshop series for business women known as 'Women Connect' focusing on relevant topics for professional women.
- Initiated and launched the WorkLife public seminar series in Regina for business professionals. This series addresses work life issues such as: stress management, bullying in the workplace, gender in the workplace and more.

Membership/Certification:

- Certified Coach – International Coach Federation
- Prairie Professional Coaches Association
- Emotional SMARTS® Licensee
- Neuronutrient Advanced Certification