

John M. O'Brien, Ph.D., ACC, NBC-HWC
Speaker Information



“I help business leaders and their employees create workplaces that work.”

Credentials

Doctorate in Counseling Psychology

Advanced credentials in personal/executive coaching as well as health and wellness coaching

25 years owning and operating a successful business

20+ years as a faculty member at the University of Maine at Augusta

Areas of expertise:

Stress management/Balanced Living

Inclusive Leadership

Change Management

Mindfulness: Practical Applications

Incivility in the Workplace

Emotional Intelligence

Recent talks:

“Worker Stress Equals Jobsite Mess: Addressing Employee Stress”

“Collateral Damages: The Costs of Incivility”

“Veterans, PTSD and Stress: Creating Compassionate Workplaces”

“Facilitating Employee Behavior Change”

Your event attendees can expect...

To actively participate in the event using mobile technologies

To learn how to better function in a team

To acquire and practice tools that can be immediately applied to work/personal life

Testimonials

“John delivered an engaging and informative workshop ... We look forward to bringing him back for more. Five stars!”

“John’s warm, easygoing nature shines through in his trainings, and it is that, coupled with his expertise, that has us calling him again.”

“We loved the presentation, his energy, and how much he involved the audience. We definitely want him back!”

Contact Information

Activate Success: Providing keynotes, trainings, consultation, and coaching

(207) 712-0015

john@activatesuccess.org

www.activatesuccess.org

