

Turning a New Leaf

BRENDA JASMIN (B.A., CAPP)

Brenda is a speaker, workshop facilitator, certified life coach & entrepreneur who is passionate about helping people create more happiness, fulfillment and meaning in their lives. Brenda delivers keynote speeches and workshops on the science of well-being & resilience. Her popular series of Positive Psychology workshops, called “Positivi-Tea Talks”, sell out regularly.



Through her one-on-one coaching, workshops and speeches, she helps people experience greater well-being and personal mastery by teaching research-based tools from the science of positive psychology and resilience. She has over 20 years' experience facilitating workshops and has received top awards from the Canadian Society for Training & Development (now the Institute for Performance & Learning) for her corporate training programs.

Brenda is a Certified Life Coach with a specialty in Applied Positive Psychology Coaching. She holds a B.A. in Psychology and a Certificate in Applied Positive Psychology (CAPP). She is married and lives in Oakville with her husband, two teenage children and her yellow lab, Cali.