

JONI TABBINER



INNER WELLNESS EXPERT • JONI@JONITABBINER.COM

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JONI TABBINER

jonitabbiner.com



MEET JONI TABBINER

Joni thrives on stage, where she can impact many people at once. She courageously shares her gifts of humour, transparency, mindfulness expertise, and approachable spiritual practices and tools, so they can be easily accessible and doable by anyone.

A BA with a focus in Women's Studies, a successful corporate and entrepreneurial career, motherhood, a profound journey of personal transformation and over twenty five years of facilitating personal leadership events and working one to one with private clients, allows Joni to powerfully support women to claim their true inner wellness and create wealth across all areas of their life.

Her mission is to move and inspire others by sharing her life out of tragedy into triumph, from self-criticism into unconditional self-love, so that they leave with the desire, belief, AND the tools to accomplish this triumph in their own lives!



TALKS THAT TRANSFORM

Looking for a an in-person or virtual speaking experience that your audience will enthusiastically say gave them the most powerful teachings?

Joni's Talks That Transform help women reclaim a whole life of success across all their values.

She creates a powerful and inspirational space for women to throw out others' rules, heal their depths, stand unapologetically rooted, and say "This is who I am!"

TESTIMONIAL

We brought Joni in to speak at our annual retreat. Knowing Joni already and having heard what a great speaker she is, we gave her the prime, half-day, keynote spot on our agenda. It was the right choice! The audience – women business owners of multimillion dollar companies – loved the content, and Joni’s energy.

Joni shared her own story and immediately built trust with the crowd. The feedback I gathered from participants after her talk was positive and powerful. I personally walked away with both inspiration and practical tips for befriending my inner critic. That was over a month ago and I have made incredible progress being kinder to myself and minimizing negative self talk. Joni’s message is crucial and delivered with energy and humour.

I worked with Joni in advance of the session to select the topic. She is so easy and delightful to work with. Joni is gracious, intuitive, and flexible to design a tailored program for various audiences. I highly recommend her!

Dawn O’Connor
Chapter Chair, Calgary I, II, & III
Women Presidents Organization



TESTIMONIAL

As a member of WPO and now a Chapter Chair, I have attended many workshops over the past 9 years. Joni presented her workshop on Inner Wellness to my members at our annual Retreat in October 2022. She was amazing! Her topic touched all. All members were completely engaged. You could hear a pin drop in the room. As she spoke I could feel myself getting to that place of letting go of all my self doubts by embracing the tools and techniques that she uses. She is inspirational as a human being.

Joni was the final speaker at the Retreat and by far had the most impact on members and myself. Members are still talking about her months later.

Jennifer Leavitt
Edmonton I & II Chapter Chair
Women Presidents Organization



IDEAL AUDIENCE

- Women in business with big goals who are highly successful by external measures
- They may be a perfectionist or Type A, and they are often hard on themselves
- They are aware that what they've been striving for is not bringing them the full life satisfaction they seek
- They are ready to begin looking inside as the source of their complete fulfillment
- These women are Seekers, unwilling to settle for a life of limitation



SPEAKING TOPIC:

INNER HEALTH IS YOUR ULTIMATE WEALTH

Can you relate to exhaustion, low motivation, relationship issues, health challenges, and an overall lack of happiness and fulfillment?

Are you realizing that the parts of your life that aren't working are making you less effective in your business? Perhaps you're at a loss on what to do outside your business that will bring you joy and happiness.

Do you have a belief that you can't have a successful business and inner wellness --that you have to sacrifice one for the other? These are all signs of Success-Stress.

The great news is there are proven ways to have a healthy body and a deeply fulfilling personal life, giving you an unwavering foundation for thriving in your business.

Outcomes:

- A clear understanding of Success-Stress, how to identify it, and what to do about it
- Joni's own proven and fast method of making friends with your inner-critic
- **Bonus:** Uncover the truth about inner wellness myths and why the inner path actually brings more time wealth, not less



SPEAKING TOPIC: BEFRIENDING YOUR INNER CRITIC

In Joni's most popular talk, she reveals her unique tried-and-true secret behind healing the inner critic, once and for all.

Living with an inner critic is the hardest work there is. It always has you chasing instead of living – making true contentment and fulfillment an impossible task. Still, so many of us carry layers of ‘not-enoughness’ and endure a constant barrage of self-criticism that keeps us from feeling vibrant and full. Being “your own worst enemy” is not a natural or normal thing. It’s a wound.

Joni shows you how to release the shame and revive an unconditional belief in yourself – all while reclaiming that solid inner feeling of peace and authentic power. When you heal the inner critic, you create the conditions to grow, love, take risks, and be free.



Even if...

You feel like your own worst enemy right now and believe that you deserve the criticism.

You've ‘been this way’ your whole life.

You're afraid you'll get nothing done if you stop being hard on yourself.

For any women's groups including (but not limited to): entrepreneurs, personal leadership, healing circles, addiction recovery, and therapy.

WPO MEMBER TESTIMONIALS

I first met Joni at a WPO Edmonton Chapter Retreat last fall. We had 3 instructional work sessions during this retreat and Joni was the final act. The sessions varied widely by content, but this session with Joni was the most inspirational of all of them. Joni focuses on inner wellness for women entrepreneurs and what she said during her work session struck a chord as to exactly what area of my life I needed improvement in. She had us all very involved in her session, she had us all participating, and it was very interactive and extremely relevant. As WPO members, we have all put a lot of effort into our businesses. For many of us, that has led to very successful businesses but also means that it comes with a ton of stress, and other areas of our life or ourselves often get neglected. We can be even better in our business when we don't neglect our own inner wellness. I highly recommend Joni for a speaker at any event for women entrepreneurs and managers.

Rita Becker, WPO Edmonton Member

I attended a workshop with Joni and was so pleasantly surprised with how relevant it was to me! My initial thoughts going into the workshop were that it was not going to speak to me – it all sounded a little too abstract and ‘touchy-feely’, but it turns out that is exactly what I needed to hear and experience! As a hard-core, head-down, get the job done business owner, we can neglect our emotional connection to our tribe, and this is what was missing in my world. I highly recommend her workshops to other female business owners. She presents in a heartfelt manner that anyone will connect with.

Dawn Harsch, WPO Edmonton Member

WPO MEMBER TESTIMONIALS

As an entrepreneurial business owner, I have deep knowledge that unless I am thriving in all the important categories of my life, my business directly suffers, thus I am always searching for new and brave approaches to expanding my business through creating health and vitality across all areas of my life. Joni's workshop "Inner Health is the Ultimate Wealth" was a refreshing and welcome addition to the other valuable speakers at the Calgary WPO Fall Retreat in 2022. She spoke directly to the inner health conditions that very clearly support my life, thus my business. Her deep experience and knowledge of mindfulness practices as they apply to inner health, and how that health benefits my life and my business, gave me many tools to benefit what is most important to me, and my business.

Through her talk, I can see how very important it is for me to look after my emotional and mental health, as a gateway to greater life satisfaction, and even greater levels of business success! I truly enjoyed her brave candor, humour, heart-based approach, and her skills as a very experienced speaker! Highly recommended!

Nadine Nicholson, WPO Calgary Member

I was lucky enough to see Joni speak live at a recent WPO event. Her message and friendly and engaging manner captivated me and the entire room. She spoke directly to the hearts of all women in the room because of her deep understanding of the inner world of women and specifically women who are entrepreneurs. Her talk was an extremely healing experience and I would highly recommend her to speak at the global conference so women world-wide can receive her healing gifts and tools to be the best version of themselves.

Jennifer Aplin, WPO Calgary Member

WPO MEMBER TESTIMONIALS

Through working with Joni I have gained an understanding and peace with myself that has allowed me to be more emotionally in control. It has opened a world of self-forgiveness and confidence in my strength in the world. I'm extremely busy with many tasks involving work and family, but I now have confidence in knowing that I always come through on getting them done. This has dramatically decreased my stress levels and I can live in enjoying each moment. I'm no longer looking for the "thing" that will bring me happiness, and am experiencing joy from the simple day to day that once bored me.

All this has given me the power to dramatically reduce my coffee, and I am finally winning the battle with quitting smoking. The hugest win for me in working with Joni is that I no longer engage in being critical and punishing of myself, which has given me the freedom to be my true self and walk each day in love and awareness of self.

Poppy Nissen, WPO Calgary Member

When I first met Joni at a corporate retreat focusing on inner wellness for women, I was drawn to her immense passion for living a life of deep connectedness. I have focused all my energy on building successful businesses and was ready to dive deep into a new personal level of spiritual and emotional growth. Joni's amazing energy and unique approach is intense, and every minute I spend with her I feel challenged and grateful. Inner peace, living to the fullest and being my authentic, best self in all my relationships, is the path Joni has shown me.

Dorene Bateman, WPO Edmonton Member

WPO MEMBER TESTIMONIALS

Joni Tabbiner was a presenter at my business retreat. I have heard many “health and wellness” talks over the years, but was very pleasantly surprised that Joni’s presentation far exceeded my expectations. It was engaging, entertaining, educational, and emotional. I’m not sure there was a dry eye in the house by the end, and although I can only speak for myself, I have to say Joni’s presentation resonated loudly within me. I walked away with a new perspective on my inner critic, and was grateful that her presentation was the final one of our retreat, as it left me feeling inspired and more peaceful on my journey home.

Laura Brown, WPO Edmonton Member

As women we are programmed to look after others, so much so that we can lose track of looking after ourselves. Joni’s spirited presentation full of wisdom and vulnerability helped me start to recognize my [inner] 8-year-old self and take the first few steps back to myself.

Michelle Cotton, WPO Edmonton Member

It took about 10 minutes of listening to Joni share a story of challenge, growth, and triumph for me to become mesmerized by her energy and flow in a way that completely captivated me. She created a warm, engaging, and trusting environment, allowing all participants to feel safe as we freely explored thoughts and ideas that came to mind. The short time we had with her was not enough and I eagerly wanted more... more of her wisdom, guidance, and enlightenment.

Tracie Nielson, WPO Calgary Member



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