

INSIGHTFUL

Coach | Trainer | Speaker | Author X7



Joyce Odidison, MA. MCC. CTD.P.



Joyce Odidison is an Author of 7 books, a keynote speaker, master coach, Conflict Analyst, who has overcome her own share of adversities and specializes in helping clients overcome adversities in their workplaces, businesses, and relationships.

Joyce continues to lead workplace changes with her innovative approach, the first ever competency-based **Well-being Intelligence Curriculum**, to enhance psychosocial safety and behaviour transformation to foster workplace health and performance.

Her to blend conflict management, systems thinking, transformational learning, safety, and well-being into the **WIS® Method approach**.

At the heart of her work is the **Wellness Improvement System® (WIS) Assessment**, an innovative instrument for identifying well-being risks for leaders and teams.

Joyce is President of Interpersonal Wellness Services Inc. and leads a dynamic faculty team, a coaching certification program, and hosts the **Annual Global Workplace Wellness Summit**.



Joyce is dedicated to integrating well-being into all aspects of work to improve employee health and the business's overall success.

Joyce offers consulting, coaching, and training in inclusive wellness systems, leadership coach training, conflict management, advocacy, DEI, wellness assessments, organizational development, culture change, and high-level corporate training curriculum design and delivery.

She is passionate about making work environments healthier and more enjoyable, including creating school staff wellness programs. Joyce is also an active community leader, known for her practical advice and heartfelt commitment to making a difference.

With 27 years in the field, Joyce is an expert Conflict Analyst, Keynote Speaker, Leadership and Wellbeing Coach, author of seven (7) books, and former University Lecturer. She is a respected and approachable expert coach and mentor.

Interested in transforming your workplace or learning more about Joyce's innovative approach? Visit her: joyceodidison.com

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The Secret to Mental Health and Well-being in a Changing Workforce

As workplace isolation and burnout rise, are you equipped to transform conflicts and adversities into opportunities for growth?

Joyce Odidison, a seasoned Conflict Analyst, Author, and Master Coach, shares her expertise in transforming conflicts and difficulties that arise from workplace stress and isolation. Using her proprietary **Well-being Intelligence (WQ)** framework, this keynote will show participants how to shift conflicts from a source of stress to a tool for enhancing well-being and team cohesion.

Learning Objectives:

- Learn to recognize the early signs of conflict that threaten mental health and productivity.
- Apply **Well-being Intelligence (WQ)** techniques to resolve conflicts while boosting resilience and preventing burnout.
- Foster a workplace culture where conflict transformation leads to stronger, more resilient teams.



Creating a Cornerstone of Well-being in High-Tension Workplaces

In an era of rising tension, how do you communicate through challenging situations to preserve well-being?

Joyce Odidison, with her 27 years of expertise, guides participants through essential conflict communication strategies to protect mental health and prevent burnout. Discover how her Wellness Improvement System® (WIS) enhances communication dynamics to build healthier teams and reduce stress in high-pressure environments.

Learning Objectives:

- Master the art of conflict communication to preserve well-being and reduce workplace tension.
- Implement WIS® communication techniques to resolve conflicts while fostering a psychologically safe work environment.
- Facilitate difficult conversations that defuse conflict and prevent burnout in your team.

The Soul of Success in the New Frontier in Corporate Excellence

Can tapping into the unseen lead to unparalleled corporate success?

Drawing on her experience as a Author, Podcaster, Seasoned OD Specialist, Joyce shares how spirituality can be a strategic asset in the workplace. This thought-provoking keynote explores how integrating spiritual principles without religious rhetorics can foster trust, integrity, and long-term success in business.

Learning Objectives:

- Discover how spiritual practices can drive innovation and foster a culture of integrity in the workplace.
- Learn to incorporate spirituality as a corporate strategy to promote growth and collaboration.
- Understand the connection between spiritual well-being and sustained organizational success.

Empowering Leaders to Thrive in the Face of Workplace Conflicts and Adversities

As a leader, do you have the skills to interpret and resolve interpersonal conflicts that could be derailing your team?

In this keynote, Joyce Odidison, veteran Conflict Analyst, Author and Coach teaches leaders the critical role they play in managing and transforming workplace conflicts. Using her **Conflict Progression Model**, Joyce provides leaders with the tools to resolve interpersonal dynamics and foster a mentally resilient and productive workplace.

Learning Objectives:

- Understand how interpersonal conflicts affect team dynamics and productivity.
- Learn to apply Conflict Progression Model to navigate conflicts while promoting mental and emotional well-being.
- Develop leadership strategies that prevent conflicts from escalating and create a culture of resilience.

From Safety to Well-being, Exploring The Hidden Formula for Thriving Workplaces

Is your organization's safety net robust enough to prevent the silent threats to well-being?

In today's evolving workplace, safety goes beyond just physical precautions. It now encompasses mental and emotional resilience.

Joyce Odidison, seasoned Conflict Analyst, Author and Coach reveals how true workplace safety involves addressing the unseen threats that affect employee well-being. In this compelling keynote, participants will learn to recognize the hidden risks that may undermine their wellness programs and understand how to create a holistic approach that ensures both physical safety and psychological well-being.

Learning Objectives:

- Discover the critical intersection between workplace safety and well-being, and why physical safety measures are no longer enough to safeguard employees.
- Unveil hidden risks within your wellness programs that may be unintentionally sabotaging your organization's safety initiatives.
- Learn to integrate Well-being Intelligence (WQ) strategies that foster both mental and emotional resilience, creating a thriving, healthy workforce.



Diversity and Well-being A Roadmap to Build Inclusive, Healthy Workplaces

Is your organization truly supporting the well-being of its diverse workforce?

In an increasingly diverse workplace, supporting the well-being of all employees requires more than traditional wellness programs. Joyce Odidison, Well-being Expert, Coach and Author introduces how the **Wellness Improvement System®** (WIS) can be used to promote inclusivity and well-being for employees from diverse backgrounds. This keynote explores how an inclusive wellness strategy can drive both diversity and well-being, ensuring that all employees, regardless of background, feel supported, engaged, and valued.

Learning Objectives:

- Understand how the Wellness Improvement System® (WIS) integrates diversity and inclusion into your organization's well-being strategy, addressing the unique needs of a diverse workforce.
- Learn to identify and mitigate the well-being risks faced by employees from different cultural, social, and demographic backgrounds, creating a more inclusive environment.
- Develop strategies to build a holistic, inclusive well-being program that fosters a sense of belonging, mental resilience, and emotional health for all employees.

