

Company Overview

Company Name: *LifeSpeak Inc.*

Provider of the Parents At Work™, Vitality At Work™ and Generations At Work™ programs

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Senior Management:

Aimée Israel, CEO

Michael Held, President

Claudine St. Jean, Senior Director, Western Region

Business Overview:

Balancing a career and a vibrant personal life, especially family responsibilities, can be a challenging endeavour. LifeSpeak Inc. is dedicated to addressing this challenge by bringing information, preparation and support to busy employees to help them to thrive in all that they do.

LifeSpeak offers a series of workshops held in the workplace through three complementary programs:

Parents At Work™ offers support to working mothers and fathers as they navigate the joys and challenges of parenthood;

Generations At Work™ proactively assists employees in planning the care of aging family members; and

Vitality At Work™ provides advice and insight on topics related to well-being and resilience for everyone.

LifeSpeak workshops provide employees with valuable information, tips and strategies while also fostering opportunities for colleagues to share their experiences, challenges, and insights. All LifeSpeak workshops are led by acclaimed experts in their respective fields.

Employers who provide the LifeSpeak programs find it is a valuable recruitment and retention tools as participation clearly demonstrates an employer's recognition of the common challenges faced by its employees.

Implementation of the program enhances employee satisfaction and commitment to the organization by contributing to the development of a supportive corporate culture while also positively impacting employee productivity.

The LifeSpeak programs have been very well received by our clients which include professional service firms, as well as companies in a variety of industries including consumer packaged goods, technology, media and pharmaceutical companies. Our clients include Fortune 500 companies and some of Canada's 50 Best Employers.

LifeSpeak currently offers its programs in Toronto, Montreal, Calgary and Vancouver.