



CAROLINE ROCHON

Biography



Caroline is dedicated to inspire and empower individuals and groups, so that they can achieve their goals, fulfill their dreams and live a happy, healthy and wealthy life.

Success Coach, Professional Organizer, Trainer and International Speaker, Caroline Rochon travels the world to deliver her powerful messages of inspiration and empowerment. She was trained on how to experientially teach the principles of success and how to facilitate individual and group transformation by none other than Jack Canfield, best-selling author known for his contribution to the books *Chicken Soup for the Soul®* and author of the *Success Principles™* and featured in "The Secret".

Based on this experiential method, Caroline enables visual, auditory and kinesthetic people to assimilate concepts and ideas effectively. Her charisma, expertise, generosity and contagious joie de vivre capture the attention of the most diverse groups, allowing them to initiate their alchemy in a collaborative environment.

Appreciation at Work™, December 2013

Caroline is a Premiere Partner and Certified Facilitator for *Appreciation at Work™*, based on the book *The 5 Languages of Appreciation in the Workplace* by Dr. Gary Chapman and Dr. White. This training equips managers and employees in creating a positive and productive work environment.

INC Monterrey, Mexico, November 2013

Caroline had the pleasure and honor to be among the list of top international speakers presenting in Monterrey, Mexico at the INC Monterrey (Innovate. Network. Create) - Better Life Day. A festival for entrepreneurs, where 4000 people participated in this event.

TEDx, India, September 2012

Caroline spoke at a TEDx event in Chennai, India as well as taking part of the speaking and media tour organized around this occasion. Speaking in front of 1400 engineer students at the Saveetha University was also a significant highlight.

Media Presence, 2008 to present

Caroline is a sought after guest expert and is a multifaceted personality as a television and radio columnist, content writer, and inspirational speaker. She was a local radio personality with 104.7 FM (2009-2011), a columnist on the TVA show *Tout Simplement Clodine* (2008-2009) and on Rogers TV show *Nat en Parle* (2013 to present) as well as a spokesperson for Avery products (2009-2010).

Author

Caroline authored the book, *Me and My Clutter- Confessions and Secrets of a Professional Organizer*, published in French in 2011 with Éditions Béliveau. The release of her second *The Power to Choose* (unofficial title) is scheduled to be published in English in 2015. Caroline is also working on three other books when the inspiration strikes.

Thorough knowledge of corporate, federal and financial world

Caroline accumulated over 20 years of experience in the workplace before going into business in 2005. She worked in the federal public service, in the corporate and financial world, where she was able to put to good use her creativity in project management and problem solving. Caroline fully comprehends the joys and challenges of employees and management.

Pay it Forward

Since 2005, Caroline had been a member of **Professional Organizers in Canada**, where she sat on the Ottawa Executive Committee for six years. From 2010 to 2013, she was also on the Board of Directors for the **Big Brothers and Big Sisters of Outaouais**, where she still plays a role as a mentor and friend. Caroline gets involved in numerous causes such the **Heart and Stroke Foundation of Outaouais** as an ambassador for the Red Dress Gala.

In 2010, Caroline was the winner of the "**Self Employed Entrepreneur of the Year**" award with the Professional and Business Women's Network in Outaouais.

Let yourself be transformed by Caroline's passion and authenticity! www.carolinerochon.com

Speaker ↪ Trainer ↪ Author

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