



JANICE OTREMBA, PCC, CPCC, CEC

250.574.3734 | info@janiceotremba.com

SUMMARY

A results-driven Certified Executive Coach, consultant, and facilitator with over 20 years of experience guiding leaders and teams to achieve their strategic priorities. Specializes in building the collaborative relationships and communication skills necessary to drive organizational success. Proven ability to tackle complex challenges head-on, facilitating difficult conversations that empower meaningful change and lead to measurable improvements in communication, collaboration, and performance.

Areas of Expertise

- **Executive & Leadership Coaching:** Partnering with leaders to align their values with action, enhance their impact, and unlock new possibilities for growth.
- **Team Development & Performance:** Designing and delivering targeted training to build healthy, high-performing teams rooted in effective communication and collaboration.
- **Conflict Resolution & Mediation:** Directly addressing and resolving workplace conflict by asking the tough questions that reveal pathways to sustainable solutions.
- **Strategic Communication:** Equipping individuals and teams with practical tools to expand their communication skills and interpersonal effectiveness.
- **Stress Management & Work-Life Harmony:** Providing proven strategies to help leaders and their teams manage stress, build resilience, and thrive in demanding environments.

CLIENTS





Boys & Girls Clubs
of Canada



BC Association of
Healthcare Auxiliaries



BIZTECH
CONFERENCE



PROFESSIONAL WORK HISTORY

1997-Current	Executive Coaching, Consultant and Professional Speaking Services Janice Otremba Coaching & Consulting
2002-Current	Executive Coach, Communication and Team Development Facilitator Core Strengths & TotalSDI™
2011-Current	Coach and Trainer Stand and Deliver Public Speaking Programs
2006-Current	Facilitator FASD/CDBC (Fetal Alcohol Spectrum Disorder/Complex Developmental Behavioural Conditions) Insight Support Services Inc.
2006-2010	Curriculum Development and Facilitator Urban Systems Ltd.
2004-2008	Program Coordinator Developmental Asset Building Train the Trainer City of Kamloops Developmental Asset Building
2003-2004	Business Care Program Coordinator Assistant City of Kamloops -- Venture Kamloops
2001-2004	Business Services Coach City of Kamloops -- Venture Kamloops

PROFESSIONAL DEVELOPMENT & CERTIFICATIONS

Professional Certified Coach (PCC) <i>International Coaching Federation</i>	2017
Certified Professional Co-Active Coach (CPCC) <i>Coach Training Institute (CTI)</i>	2017
Certified Facilitator Developmental Asset Building, Train the Trainer <i>Pacific Northwest Search Institute, USA</i>	2004
Certified Relationship Awareness Theory® and Total SDI™ Facilitator <i>Core Strengths & TotalSDI™ Canada & USA</i>	2002
Certified Business Coach and Facilitator Advanced Coaching Model and Business Training <i>Sirrolli Institute International Enterprise Facilitation™ USA</i>	2002
Certified Advanced Satir's Systemic Brief Family Therapy Certified Satir's Systemic Brief Therapy Training <i>Sirrolli Institute International Enterprise Facilitation™ USA</i>	2000 1998
Social Services Worker (SSW) <i>Thompson Rivers University</i>	2002
Provincial Instructor Diploma Program (PIDP) <i>Ministry of Advanced Education, Training and Technology, British Columbia</i>	2001
Cultural Safety for Aboriginal Families and Communities <i>Ministry of Advanced Education, Training and Technology, British Columbia</i>	2001
Certified Hakomi Practitioner <i>Ron Kurtz Hakomi Institute, USA</i>	1999

