

Marla Warner

, BSc, CWC, CPPC.

COACH | SPEAKER



www.clearconceptinc.ca

Marla Warner is an expert coach and speaker with a strong passion for helping individuals with self-development. Marla empowers people, at all stages of their career and across industries, to nurture confidence, growth and professional / personal wellbeing. Her areas of focus are collaboration, mindset, mental health, stress management, resilience, and engagement.

Marla has been creating and developing workshops and training programs for over 20 years. She is also a leader at Wellspring Cancer Support Centre in Toronto and previously held the position of Stress Management Therapist at the Centre for Addiction and Mental Health in Toronto for over 13 years.

Marla is a Certified Business and Leadership Coach (RCC), a Health Coach and Positive Psychology Coach. She is also a certified practitioner in Applied Positive Psychology. Marla holds a Bachelor's Degree in Science (Kinesiology) and brings extensive background and experience in Applied Mindfulness practices. Marla is also trained in multiple personality assessments.

When she is not working, Marla can be found running, biking, practising yoga, or enjoying time with family and friends.

In this clip, Marla shares strategies from the program, [Thriving Under Stress](#). Connect with Marla on LinkedIn at <https://www.linkedin.com/in/marlawarner/>