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Jo-Ann Pawliw B.Ed, B.Kin
Founder: Heart of Performance

Passionate and engaging with a style that captivates her audiences!

As a former multi-sport varsity level athlete, professional singer, educator and a present day business owner and mom, Jo-Ann knows what it takes to perform under pressure. After much experience and training in the latest evidence based models, she passionately shares them with others.

For more than twenty years, Jo-Ann has led, developed and inspired individuals and organizations in the corporate sector, non-profit organizations, and schools. Jo-Ann has worked with Director groups of six, twenty-six and one hundred and six. Some of the sectors that call on Jo-Ann to offer Performing Under Pressure training include engineering, forestry, pipeline, oil and gas, municipalities and energy. Most people can make good decisions when business is good and environments are positive, but it's how one manages themselves during the pressure situations that are the most impactful on business and one's health.

Jo-Ann's certifications include:

- Certified HeartMath Coach



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- Certified HeartMath Trainer
- Harvard Medical School's Continuing Education course in Resilience
- Licensed Emotional Fitness Coach and Instructor
- Level 1 Mediator
- Accredited Trainer at the Institute of Health and Human Potential
- Emotional Intelligence for Personal Leadership – Three Conversations of Leadership and Emotional Intelligence Coaching
- Degrees from the University of Toronto and McMaster University.

No matter the size or sector, Jo-Ann is sought after for her passionate, engaging, and highly motivating style that captivates audiences and keeps them inspired.