



Dr. Marie-Hélène Pelletier

Dr. Marie-Helene Pelletier is an award-winning workplace mental health expert, psychologist, executive coach and speaker. She's one of only a handful of work psychologists holding both a PHD and MBA.

Marie-Helene brings a signature mix of business and clinical expertise to the groups she works with. She translates psychology research (about health, resiliency, leadership and even the impacts of Artificial Intelligence/AI) into strategies professionals, business leaders and their teams need to thrive.

Provides expertise for boosting performance. Marie-Helene shares what psychologists know but other professionals and business people may not. She has a robust understanding of the intersection between business success and strong workplace mental health. She held executive leadership roles, including at a major Fortune 500 corporation.

Builds leadership and organizational resilience. Through her speaking engagements, Marie-Helene provides professionals and business leaders with concrete steps to prevent fatigue and burnout – and gain energy, even in tough times. She can help your leaders and their team members shift perspectives and regain and retain their passion.

Helps your organization manage change. Marie-Helene provides business leaders and their team members with the psychological tools needed to adapt to, and embrace, transformational change. She equips them to respond quickly, make good decisions, and maintain stamina for ongoing productivity.

Combines style with substance. Marie-Helene is a dynamic speaker. She has an engaging style, exhilarating energy, and a warm sense of humour. With this relatable approach, she brings the latest research and proven best practices to her talks, inspiring participants to take action and get results.

In her presentations, Dr. Pelletier draws from what clients call a “clear mastery of the subject matter.” She speaks with authority to engage and inspire participants with passion, knowledge, expertise, and joy. And she shares this expertise in many ways, from keynote speeches, to panel moderator roles, to more informal fireside chats.

Thought Leadership and Industry Awards

Over the course of her career, she has participated on the boards of the Canadian Psychological Association and the International Association of Applied Psychology. She has also been an active member of the Global Clinical Practice Network of the World Health Organization, a role that she continues to this day.