

Janet Doucette
helps people
identify their innate
talents and
transform these
strengths
into personal excellence
and
wellness of
body, mind & spirit

Janet Doucette

Optimal Life Coach, Trainer, Speaker

Janet Doucette LMHC is a licensed psychotherapist and skilled executive coach who has specialized experience in the fields of mind body medicine and positive psychology. She uses an effective combination of creative life management tools and the cutting edge technology of biofeedback to help business leaders, administrators, and employees achieve a high degree of personal performance. Through her work at Canyon Ranch and her private consulting company, she has helped executives, athletes, writers, and professionals develop optimal career performance that is balanced with emotional and physical well-being.

Janet is an insightful speaker and life skill trainer, who inspires, energizes, enlightens, and empowers her audience and clients.

Optimal Life Coaching

With over thirty years of combined experience in corporate business management and ten years of practice in the field of psychotherapy, Janet Doucette is uniquely qualified to help her clients develop strategic action plans for change.

Janet focuses on a strength based approach that assesses and develops her clients' innate talents while developing enhanced workplace skills, lifestyle choices, and wellness concepts that improve her clients' personal and professional relationships. She utilizes a variety of techniques to help improve focus, creativity and business intuition with leaders at the executive level.



Seminar & Speaking Engagements

Janet has developed dynamic multi-media PowerPoint presentations which use illuminating case studies, music, visualizations and live biofeedback demonstrations that enhance group learning. All presentations include articulate discussion of cutting edge techniques from the fields of mind body medicine and positive psychology, and include experiential group participation.

She presents on a variety of topics ranging from enhanced performance skill building, stress reduction, and meditation to creativity and the development of Intentional Insight.

An expert in the field of stress resiliency, Janet is interested in working with companies to create powerful solutions to management challenges.

Group Training & Workshops

Janet offers a series of workshops and training seminars on the topics of improving communication, reducing stress in the workplace and strengths based leadership development.

In her capacity as a lecturer, life management therapist and workshop leader for Canyon Ranch, Janet has worked with corporate executives, managers, and business professionals from around the world. She brings a high level of integrity and expertise to her training and workshop events.

In addition to her current workshop offerings, Janet is happy to work with companies to develop dynamic, personalized trainings.

Featured Speaker

WOMR National Public Radio

Canyon Ranch

Excel Switching

Care.com

Diabetes Sisters Conference

Cape Cod Community College

University of Maine, Portland

University of Connecticut,
Hartford

Cape Cod Hospital

Falmouth Hospital

Harvard Vanguard Medical
Associates: Women's Health
Conference

Cape Cod Healing Arts Expo

Publications

The Stress Relief Training Guide

Guided Imagery Vol I, II, III

The Path of Meditation

The Healing Experience of Near
Death

Biofeedback 101

Heart Rate Variability
Biofeedback Training Guide

Audio CDs

Mindful Awareness

Tranquility Meditations

Inner Refuge

On-line Meditation Sanctuary
with downloadable imagery

Developer of

The Intentional Insight Seminar Series

A three day seminar focusing on the development of creative and intuitive leadership through the understanding, development and practice of Intentional Insight.

What People Are Saying...

"Janet combines intelligence, creativity, and articulate presentation to affect an experience worth sharing."

Louise DeSantis Deutsch Professor

Janet is a highly intelligent, sensitive practitioner with a tremendous scope of knowledge and a passionate determination to help others. I recommend Janet whole heartedly as a coach, practitioner, or speaker for your organization.

Dr. Ingrid Schweiger, Psychologist

"Janet thoroughly explains complex topics for both professional and non-professional participants."

Mind Body Wellness Conference Attendee

"Excellent speaker! I really enjoyed the opportunity to practice the techniques I saw in the presentation."

Training Participant

"Janet's presentation style is a delightful combination of humor and authority."

Lecture Attendee

"Janet has the uncanny ability to get to the heart of the matter quickly and effectively. She provides valuable insights and practical solutions."

Executive Coaching Client

Keynote Speaking and Training Topics

Associations & Corporations

Large and small Group formats

Organizational Meetings

Retreats

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Mind Body & Integrative  
Medicine

Biofeedback for Personal  
Development

Effective Stress Solutions

Appreciative Inquiry Approach

Spiritual Tools for Stress  
Resilience

Creating Intentional Insight

Emotional Intelligence, Personal  
& Career Development

Strength Based Leadership &  
Career Development

Intentional Insight Leadership  
Training

Mindfulness and Tranquility  
Meditation Practice

Meditation and Intentional  
Insight Retreats

Women's Retreats