



## Mae Kroeis

MPH-HP, ACC

E: Mae.Kroeis@gmail.com

P: (403) 465.2262

### Biography

Mae is passionate about creating supportive workplaces where people can thrive and bring their best selves to work. She has over 20 years of experience in group facilitation, workshop design and facilitation, knowledge translation, community development, health promotion and behaviour change with content expertise in the areas of psychological health and safety, workplace mental health, mental well-being and positive psychology.

Mae's approach is personable, engaging and evidence-based and focuses on tools and learning that empowers individuals to take action. Mae's approach to creating mentally healthy workplaces is based on a settings approach to health promotion, understanding that building an individual's awareness, tools and motivation can only change so much without a supportive environment in which to implement these changes. Mae believes in the importance of a mentally healthy learning experience in which to learn about mental wellbeing and as such, strives to create engaging, interactive and experiential workshops.

Mae has worked in Mental Health Promotion and Prevention, Community Development and Health and Community services for over 20 years. During this time Mae has worked with a variety of groups, including workplaces, schools, community groups, youth and adults in designing and implementing programs that support mental well-being using a community development approach and focusing on the key principles of mental health promotion.

Mae is an Associate Certified Coach with the International Coach Federation and holds a Master's Degree in Public Health - Health Promotion from the University of Alberta and an Honours Undergraduate degree in Arts - Psychology. She is an active Applied Suicide Intervention Skills Training trainer with the Centre for Suicide Prevention and has previously taught the Mental Health Commission of Canada's Mental Health First Aid and The Working Mind programs.

## **CERTIFICATIONS**

**Energy Leadership  
Index | Master  
Practitioner (ELI-MP)**

**Applied Suicide  
Intervention Skills  
Training (ASIST) Trainer**