
Stephan Maighan



Over the years, Stephan has been inspired by those who distinguish themselves and who master the art of excellence. His drive and his 'zero-excuse' attitude have helped him lead some of North America's most successful sales teams. A true entrepreneur, Stephan is the founder of a Canadian distribution company that sells products and apparel in over 400 retail outlets nationwide. He is the author of a French book on taking charge of your life, which is a hit with readers and Québec media outlets alike.

Drawing on his experience, Stephan effectively illustrates the impact that one's attitude can have on the final outcome when faced with change and uncertainty. He then makes parallels between his professional and personal experiences to help participants remember the importance of being adaptable in the workplace.

He reminds participants that challenges at work and at home should not translate into a negative outlook. As Stephan astutely observes: "It's not what has happened to you that matters—it's what you make of it."

Stephan is the author of *Devenez maître de votre vie* published by Quebecor. The book is informative and seeks to transform the attitude of individuals in order to get them where they really want to be. His strategies are powerful and effective.

Stephan accepted the role of spokesperson for the Heart and Stroke Foundation of Canada in order to contribute positively to the work that is being done. He also wanted to do his part in creating awareness about heart disease prevention and about the impact of heart disease on society.