



SPEAKING & CORPORATE

WEIGHT THEY NEVER NAME.

Your best people carry a private load, and it surfaces long before exit interviews. Tyson DesMarais rebuilt his own life from the ground up and now coaches that rebuild every week as the founder of MIND System. On stage he is an educator with lived experience, not a motivational speaker.

THE KEYNOTE

THE COST OF CARE. FIVE STRUGGLES EVERY LEADER CARRIES.

His own account of losing everything and rebuilding on discipline. Acceptance, responsibility, ownership. Human and direct, with none of the corporate language your people tune out.

THREE SHAPES, ONE VOICE

Keynote

The story, told straight. Built for leadership days, wellness weeks, and all-hands rooms.

Workshop

Small-room sessions on self-care, stress, and steadying habits. People leave with a practice.

Ongoing

Individual coaching for the person carrying the weight, not the job title they carry it under.

WHAT A ROOM GETS

- **Lived experience, said plainly.** No certificate wall, no script. He has stood where your people stand.
- **Practical ground.** Self-care, stress, ownership, and habits that hold on a bad week.
- **A session people remember.** Not a binder. An hour that stays with the room.

EMAIL

contact@mindsystem.ca

THE FULL PICTURE

mindsystem.ca/speaking

INQUIRY FORM

tally.so/r/ob87Wb

BASED IN

Ottawa, Ontario, Canada