



TRANSFORM YOURSELF. TRANSFORM YOUR TEAM. TRANSFORM YOUR LIFE.

# BIO



## JAMES "THE H.A.C.C.P MAN" HARPER

With over 14 years of experience as a consultant in the food and health industry, James Harper brings his clients a wealth of knowledge and expertise. He holds a BSc in Nutrition and Dietetics and is a certified Diabetes Educator, accredited by the Michener Institute of Education at UHN and the International Diabetes Federation (IDF). In 2020, James embarked on a journey, launching his business as a Health and Wellness Coach, focusing on supporting individuals with chronic lifestyle diseases. His passion for helping others led him to expand his role in 2023, becoming a Personal Growth Speaker, Coach, and EAP consultant. James is renowned for his unique ability to connect with audiences through empowering messages that inspire profound change. His primary focus is personal development, helping working professionals overcome challenges and achieve their full potential. He also has given keynote speeches on other topics such as Health and Wellness, Self-Leadership, and Overcoming Burnout.

## SIGNATURE SPEAKING TOPICS

**"From Stuck to Unstoppable: The 5 Pillars to Overcome Failure and Reignite Your Drive"-** (Overcoming Failure and Stagnancy using the HACCP Principle-Honesty, Accountability, Commitment, Consistency, and Persistence.)

**"Lose the inches, not your mind." (Health and Wellness)**

A comprehensive approach to reduce the negative effects of Insulin Resistance, burn fat and reduce your risk of lifestyle disorders.

**"From Burnout to Bliss: Reclaiming Your Life" (Work-Life Harmony)**

Strategies to prevent burnout and promote well-being.

**"Resilient Leadership: Thriving in Times of Adversity." (Leadership)**

Lead with resilience and turn challenges into opportunities.

**"Building a Culture of Trust and Collaboration."**

(Organisational Culture Change)

Enhance teamwork, communication, and trust to achieve extraordinary results.

## PREVIOUS ENGAGEMENTS

COURTYARD<sup>®</sup>  
BY MARRIOTT

Port of Spain



Alstons Marketing Company Ltd.





TRANSFORM YOURSELF. TRANSFORM YOUR TEAM. TRANSFORM YOUR LIFE.

## TESTIMONIALS

### **Leslie Ali Executive Assistant Brampton, Ontario Canada.**

"I worked with James from 2012 to 2019. James was a great addition to our health programs. He presents information phenomenally and engagingly and always leaves the audience with things to consider and actions to take to adopt a healthier lifestyle. I can tell that James loves what he does and he's always ready to engage with the attendees even after the event."

### **Ashley Harris CEO, Harris Business Consultancy Ltd Trinidad & Tobago.**

"James Harper has provided the much-needed catalytic platform for positive lifestyle changes to many. I've had the privilege of benefiting from Mr. Harper's knowledge at Unipet's Company webinar focused on health and wellness and life transformation in 2021. To this date his presentation has positively impacted several individuals, including myself, to take a holistic and practical approach to improving health and focusing on nutrition. Because of his relatable and genuine love for people and food (of course, like all of us) I was able to take away key points and apply them to my everyday routine."

### **Shura Lindsay-Sealy Employee Assistance Program Manager of North West Regional Authority.**

I have known James for approximately 10 years, during which time we would have interacted personally and professionally. As a Professional Speaker, James is very competent at ensuring his audience and clients' needs are met with the highest level of satisfaction. It is with utmost pleasure that I recommend him as someone to partner with."

### **Ebonie N. Freeman-Dallas- Fort Worth Metroplex, USA.**

Working with James was a pleasant and insightful experience. His approach to his work is rooted in ensuring his client's lives are transformed for the better. I appreciated his excellent customer service, flexibility, high level of communication, and expertise. I also appreciate his lived experience combined with the research that he uses in his work. He practices what he preaches and would be great for your event.

## TESTIMONIALS

### **Jason Charles, Spirit Academy of Trinidad and Tobago Maraval, Trinidad and Tobago.**

James was extremely cordial and he skillfully and seamlessly adjusted his presentations for our diverse audience so our staff, coaches, parents, guardians and athlete dancers (5 years to 23 years) could easily understand. He did an awesome job encouraging and explaining healthy and mindful eating habits with interactive and engaging presentations, props, and visuals which left a lasting impression on our entire company and team. We would highly recommend James for company talks and seminars. His sessions catalysed and motivated a lifestyle change for our entire company, dancers, and parents. Thanks for your insight, James. We cannot wait for our next session soon.

## CONTACT INFORMATION

Website: [www.jamesharperspeaks.com](http://www.jamesharperspeaks.com)

Contact number: (868) 767-0814

Email: [contact@jamesharperspeaks.com](mailto:contact@jamesharperspeaks.com)

Linkedin: [@James Harper](#)

Instagram: [@jamesharperspeaks](#)



## BOOK ME

Go to [www.jamesharperspeaks.com](http://www.jamesharperspeaks.com) and click "Book Me." page." and schedule a free call with me to speak about your event. Or email me at [contact@jamesharperspeaks.com](mailto:contact@jamesharperspeaks.com)

