PSYCHOLOGICAL HEALTH AT WORK

Pascal N. Paquette

Psychosociologist · Speaker · Corporate Trainer · Author

Understand ◆ feel ◆ act

Pascal N. Paquette is a psychosociologist who helps organizations prevent psychosocial risks, communicate better, and navigate change with confidence.



Formats

- Keynote
- Training workshop
- Group facilitation
- Leadership retreat
- Professional coaching

In person or online, in English or French, in Canada or abroad, in whatever time you have.

Background

Bachelor's degree in the psychosociology of communication and master's degree in interpersonal communication, UQAM. More than 30 years guiding people and groups in Canada and Europe. Former financial advisor, fully bilingual.

Author of *Lighthouse in the Storm*.

★★★★★ **More than 130 five-star reviews**

Challenges

Featured on the website of *Challenges* magazine, January 2026

Topics

- **Psychological health at work and psychosocial risk prevention (Quebec and Europe)**
- Organizational communication
- The fundamentals of interpersonal communication
- Stress and burnout, from understanding to prevention
- Change, and how to move through it
- Choosing wisely and deciding with clarity
- Meditation for stress, emotions, and thoughts
- Keeping people at the center in the age of AI

> *"What sets Pascal apart is how quickly he understands the person in front of him, how he makes the abstract concrete, and how he turns it into action."*
>
> **Frédéric Chouinard**

Who it's for

- Companies and organizations
- Executives, managers, HR teams, and employees
- Managers and professionals, through one-on-one coaching
- Conferences and corporate events
- Municipalities, associations, and community organizations

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Invite Pascal

Prevention starts with a conversation.

A free 15-minute discovery call

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