



## Staying Up in an Upside-down World

### What Darren's Clients are saying...

"Funny, inspiring and real...Awesome!" - Manitoba Human Resource Managers Assoc. Conference -

"This was an amazing session! Great presenter! Very engaging & dynamic! Very Honest! Gave great info and tools to help!" - University of Regina

"Inspiring session! Darren, I could see myself in so many of your stories. Thank you so much for your honest, open sharing." - Prince Albert Parkland Health Region

"It was great to laugh and learn...Darren is an amazing presenter and story teller" -Employee and Family Assistance Program (EFAP) Conference

"A testament to this being a topical issue but more importantly to Darren's reputation in understanding stress and having credibility in presenting was the turn out that we had for his session. We had approximately 110 of our members attend this session which was a record high for us since I have been a Board Member. The feedback that we received from our members was awesome – all requesting that Darren speak again and for a longer period of time." - Sask. Association of Human Resource Professionals (SAHRP)

"This presentation was excellent. The content was real and down to earth and Darren was very entertaining and extremely knowledgeable." – ERBA

"Darren did his homework. He understood our group and the specific stressors we deal with in our jobs." - Regina Catholic Schools

"Fantastic, I laughed & cried. Darren thank you for sharing a piece of you! -Grand Prairie College Alberta -

"Best session at the conference!" – Canadian Safety Association

"Excellent presentation...So many tips and ideas I can use right now. I thoroughly enjoyed it." - Information Services Corporation (ISC)

"I would recommend Darren's session to anyone looking for a fun and down to earth approach to stress and feeling your best at work and at home." Morris School Division, Manitoba

**Book Darren:**

**(306) 535-3233**

**[info@darrenlang.com](mailto:info@darrenlang.com)**