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Empowering & Transforming for Excellence

Speakiing Topics.

but not limited

Empowering Mindset

Motivation & Resilience

Leadership

Productivity

Diversity, Equity, Inclusion &

Belonging

Lived Experience

Women Empowerment

Team building & Collaboration

Entreprenuership

Offerings & Raies

Contact:

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A powerhouse of influence and advocacy, a globally recognized speaker, and an author whose dynamic presence inspires audiences across continents. Known for her compelling approach to Inclusion and Equity, captivates her listeners by illuminating the intersectionality and its vital role in creating a fairer world.

A survivor of both gender-based violence and cancer, Mariat brings unparalleled authenticity and resilience to her mission. Her journey is a testament to strength, fueling her work to uplift others, especially women and youth, through financial empowerment and personal well-being. Mariat has addressed audiences worldwide-from Europe and Africa to North America and Asia, including a landmark appearance at the Forbes Global Alliance Interplay 2023.

As the visionary behind the SOLD-OUT Better Not Bitter Summit, which received remarks from the Mayor of Vancouver (Ken Sim) and The Hon. Minister for Women and Gender Equality and Youth (Marci Ien) & partnership with ForbesBLK. Mariat created this groundbreaking event in Nov. 2024, aligning it with the Ally Buddy Program to foster mental health awareness and dismantle stigma through collective support and allyship. Her work in the realm of personal development and business growth is as passionate as it is impactful.

Mariat's contributions have earned her numerous accolades, including Winner Canadian Choice Award 2025, a 2024 & 2025 nomination for the prestigious YWCA Women of Distinction award and recognition as a twotime finalist for the CGLCC Business Advocate of the Year. Her sold-out 2019 International Women's Day event received commendations from Canadian Honourable Ministers Mary Ng and Patty Hajdu. Recently, she launched her memoir in February 2024, celebrated at her book release by Honourable Minister Marci Ien, Minister for Women, Gender Equality, and Youth.

Currently serving as the ForbesBLK Canada Lead and Founder & CEO of MIJ Consulting, & Better Not Bitter Society Mariat is on a mission to equip individuals and organizations with the tools for exceptional growth. Her work is dedicated to financial empowerment, mental well-being, and unlocking potential for all.

Mariat has worked with a diverse range of clients



RECRUITMENT ACADEMY



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