

Janice Taylor

CEO & Founder · Wilson 4Q

Tech Pioneer · Speaker · Author

MEDIA KIT



About Janice

Janice Taylor is a tech pioneer, three-time founder, renowned speaker, and healing mentor who spent 30 years developing AH-HA Healing — a transformative approach to emotional fitness rooted in psychology, business, and technology. Growing up surrounded by adversity, Janice became driven to uncover the root of emotional pain. Her mission: emotional fitness is your birthright and within reach in just six months.

A digital safety trailblazer, Janice developed early digital animation and AI software for all 5 major sports leagues — a body of work that led to designing Wilson AI, an emotional fitness platform built to advance human performance and wellbeing. She was recently appointed by the Prime Minister of Canada as an Honorary Captain of the Royal Canadian Navy, partnering with the Navy to advance digital awareness around cybersecurity and cyberterrorism.

Janice has spoken at TEDx, Marianne Williamson Events, Tech TO, and the London Digital Wellness Festival, bringing her message of emotional and financial wellness to audiences worldwide.

Podcast Introduction

Janice Taylor, CEO/Founder of Wilson 4Q

Use this introduction verbatim at the start of the episode.

Show Notes Links

- **WEBSITE & RETREATS**

wilson4q.com/retreats

- **INSTAGRAM**

[@jtwilson4q](https://www.instagram.com/jtwilson4q) · [instagram.com/jtwilson4q](https://www.instagram.com/jtwilson4q)

- **AH-HA HEALING**

ahhahealing.com

- **LINKEDIN**

[linkedin.com/in/janice-taylor-ceo](https://www.linkedin.com/in/janice-taylor-ceo)

Janice Taylor

CEO & Founder · Wilson 4Q

TechPioneer · Speaker · Author

MEDIAKIT

CREDENTIALS & HIGHLIGHTS

- Harvard Master's in Psychology candidate (Class of 2026)
- Three-time founder behind AH-HA Healing and Wilson AI
- Developed early digital animation and AI software for all 5 major sports leagues
- Designed Wilson AI — a holistic emotional fitness platform
- Pioneered AI-based child protection tools in Canada
- Helped influence child safety laws in Canada and the U.S.
- Honored as Royal Canadian Navy Honorary Captain for digital safety leadership
- Recognized as one of Canada's Extraordinary Women in Tech
- Bestselling author with a new book releasing in 2026
- Featured speaker at TEDx, global wellness events, and Oprah platforms
- Raised \$15M+ and helped founders secure over \$1B in funding
- Founded The Dream Project to empower women in recovery

PODCAST & MEDIA APPEARANCES

The Jason Gregor Show

The Jason Gregor Show—February 4th, 2026

[youtube.com](https://www.youtube.com/watch?v=...)

Culture Talks

Why Your Team Is Already Emotionally Activated Before They Reach Their Desk

[youtube.com](https://www.youtube.com/watch?v=...)

The Rod Pedersen Show

The Rod Pedersen Show—March 18th, 2026

[youtube.com](https://www.youtube.com/watch?v=...)

The Next Role Show and Cumulus Podcasts

Janice Taylor Reveals Her Innovative Approach Using Technology to Heal TRAUMA 🤖🧘

[youtube.com](https://www.youtube.com/watch?v=...)

ASK ME ABOUT — PODCAST & BOOKING TOPICS

- What is emotional fitness and why does it matter?
- Building ethical AI with a human-first approach
- Emotional fitness in sports — the missing competitive edge
- Child online protection and influencing legislation
- Working with all 5 major sports leagues: what I learned
- What a Harvard psychology lens reveals about your team
- Fundraising as a woman: raising \$15M+ from scratch
- Digital safety and cybersecurity for families & orgs
- From adversity to innovation: my founding story
- What Wilson AI does and why I built it
- The Dream Project: empowering women in recovery
- How to secure \$1B+ in funding for founders

BOOKING & CONTACT: janice@wilson4q.com

PREVIOUS PARTNERS & CLIENTS

NETFLIX

HBO



CAA



THE HUFFPOST

NHL

Disney

