

# Stephanie Janzen-Martin: Consultant

Sustainability, Plant-Based Eating,  
International Development, Small NGOs,  
Website: [MennoAdventures](http://MennoAdventures.com)  
Waterloo, ON, CANADA



## General Consulting: Rates and Packages

Interested in learning more about plant-based eating, development, non-profit work or sustainability?

- ❖ Want to try eating more plant-based foods but aren't sure where to start?
- ❖ Want to reduce your carbon footprint? Not sure which changes are most effective or how to move forward? Want to reduce the waste or carbon footprint of an event you are planning?
- ❖ Maybe you want to assess how to best distribute your annual charitable donations and aren't sure how to tell if a project is making good use of your donor dollars.
- ❖ Have questions about an organization that you have supported in the past or are considering donating to in the future? Not sure if you should make some changes to your giving plan?
- ❖ Do you run a small NGO or program that you have questions about? Are you looking to make improvements to strategic plans, donor relations or other areas?
- ❖ Have questions or ideas for a project that you would like to collaborate on?

**Whatever your questions, I would love to work with you to help find solutions.**

### About Me

I have a Bachelor of Theology, and a Bachelor/ Master of Arts (International Development). I have several years of NGO experience in Cairo, Egypt and I speak basic Egyptian Arabic. After taking some time off with young children, I am now in a new phase of my career, working on sustainable development from a variety of perspectives. I have been 100% plant-based for many years, and I love working with individuals, groups and organizations to help them achieve their goals. Whatever it is that you are looking for - whether it is consulting, or the chance to collaborate on a project, I would love to work with you!

Rates For Consulting Services - Base Price/hour		
	1-10 hours booked	10+ hours booked
Small Group (1- 10 people)	\$50 + \$10/ additional person	\$45 + \$8/additional person
Large Group (10+ people)	\$100	\$90

NOTE: For clients in Canada, rates are in Canadian \$. For clients in the US and other countries, rates are in USD, paid to a CD account (ie a Canadian pays \$50CD, and an American pays \$50US).