



**MENTAL HEALTH & RESILIENCY EXPERT**  
Beverly specializes in working with leaders and teams that want to minimize stress, build resiliency and create healthier workplaces.

**OUTCOMES OF WORKING WITH BEVERLY INCLUDE:**

Confident, Supportive Leaders  
Resilient, Healthy Teams  
Compassionate, Effective Communication  
Healthy, Less Stressful Environment  
Positive Impact On Benefit Plan

**Connect With Beverly**

[For in-person and online presentations]

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**BEVERLY BEUERMANN-KING**

**ABOUT BEVERLY**

For over twenty years, Beverly has used her proprietary S-O-S Principle™ with people and organizations who want to control their reactions to stress, build resiliency against life's challenges, and live healthy, engaged lives.

As a mental health and resiliency expert, Beverly is a sought-after media spokesperson and has represented high-profile brands such as Expedia, TD Insurance and P&G. She has made over 500 television and radio appearances on shows such as City TV and CBC, and in national publications from the Toronto Star newspaper to Chatelaine magazine. She is a highly respected speaker and is one of less than seventy Canadians to have their Certified Speaking Professional designation.

**S-O-S Principle™**

Beverly believes that resiliency can be learned. That's why she builds unique presentations, covering specific work and life challenges with strategies based on her S-O-S Principle™.



**WHO DOES BEVERLY WORK WITH?**

Beverly brings her keynotes and training to leaders and teams from a wide range of industries. She helps them to shift from stressed out to resilient, enabling them to be more engaged, productive and healthy.

Over 500 different Companies, Organizations and Associations have placed their trust in Beverly:

LexisNexis · Hallmark · ULC · York Regional Police  
· Telus · Crayola · Ontario Power Generation ·  
Children's Aid Society · EFTO · Industrial Alliance ·  
Peel Region · Cadillac Fairview · City of Hamilton



*"Beverly's presentation was excellent – the topic was extremely relevant and the presentation was polished and professional."* Terry | LexisNexis Canada



**Beverly's goal is to deliver value.**  
This means going above and beyond.

## 7 Seven Opportunities For Beverly To Add Value To Your Next Event

1. **Pre-Event Video.** A great way to welcome attendees and provide a preview of what the presentation will cover. Use it to market the event and build excitement.
2. **Multiple Sessions.** Having Beverly provide two sessions instead of one which saves on speaking fees and travel costs.
3. **One-to-One Discussions.** Sessions can be held at a sponsor's booth for even greater impact.
4. **Panel Moderator.** Beverly can bring participant's experiences to the stage by asking relevant and insightful questions which can bring the learning to life.
5. **Participant Gifts.** Beverly can provide a copy of her book or access to her book on-line as a way of reinforcing the S-O-S Principle™
6. **Post-Event Summary.** Beverly will provide links to additional resources and review the S-O-S Principle™ to make the learning stick.
7. **Post-Event Webinar.** Beverly can work with your team to answer post-event questions that arise as they implement their strategies.

Have an idea for something else? Just ask.

## 7 Seven Reasons To Have Beverly Speak At Your Event

1. **Engaging.** Beverly brings her personal brand of energy and humour to every event.
2. **Applicable.** Beverly focuses you on her S-O-S Principle, so that you can begin applying her strategies right away.
3. **Original.** If you're tired of speakers only focusing on eating right and going to the gym, and other strategies that often leave your participants frustrated, then you will appreciate the simplicity and effectiveness of Beverly's S-O-S Principle.
4. **Experienced.** For over 20 years, Beverly has worked with organizations, using her S-O-S Principle™. Beverly has partnered with the Canadian Mental Health Association, sharing their messages around awareness, stigma and support. Today, seventy-five thousand leaders and employees have heard about Beverly's S-O-S Principle™ which is tried, tested and proven to work. Her depth of knowledge and ability to connect is why she is a trusted expert and why she has given over 500 media interviews.
5. **Effective.** Audiences continually rate Beverly above 90% for quality of presentation and in relevance to daily living. Ranked as one of the Top 0.4% of people talking about mental health, this depth of knowledge is key to meeting your team's needs.
6. **Focused On Excellence.** As one of less than seventy Certified Speaking Professionals in Canada and is a Certified Virtual Presenter. Beverly takes her gifts and her business seriously. Beverly is the author of over 500 articles and posts on mental health and wellness, and is very proud of her book, Stress Out! 52 Weeks To Letting More Life In.
7. **Stress free.** Beverly believes that your presenter should be the last thing you need to worry about. As a seasoned professional, Beverly can roll with whatever changes happen on your event day.



# WORK SMART LIVE SMART

## Top Requested Topics

### KEYNOTES - WORKSHOPS - MODERATOR

#### Stop Letting That Difficult Person Ruin Your Day

##### **Effectively Handle Negative Attitudes And Difficult People For Better Productivity and Less Drama.**

We all have people who push our buttons. They drain our energy, take us off track, and infect other areas of our life. The key is to find effective ways to work with your boss, colleagues, or family members by building positive, successful relationships. This workshop is MORE than just about learning effective communication skills. Discover how to effectively respond, cope and manage the impact of their behaviour, so that you can end your frustration, act rather than re-act, and be more successful.

#### S-O-S: From Surviving to Thriving with Success

##### **Lessons To De-stress, Decompress and Gain More Life.**

Is your work day highly stressful? Does it get any less chaotic when you walk through the door at the end of the day? You are not alone. The key to gaining more happiness, more satisfaction and more joy, is to put into place the right strategies for YOU. This is not a one-size-fits-all presentation. It's not too late. Resiliency can be learned. With three simple questions, this interactive workshop helps you to choose the most effective strategies based on the S-O-S Principle™ that will allow you to bounce back after a stressful situation, minimize your negative stress symptoms and reactions, and take back your life

#### Harness Your Energy - Build Your Resilience

##### **How To Ensure That You Can Bounce With The Best Of Them**

We are tired out and worn out. Many of us report that we do not do anything to deal with our stress, mostly because we have very little energy left at the end of the day. Success in our high pressure world hinges not just on your knowledge, but also on your ability to recover and remain energized. The key is to understand our natural rhythms and work with them rather than against them in building our resiliency.

#### On The Hunt For Joy, Success and Meaning

##### **How To Create The Balance You Desire And Build The Life You Want**

Do you worry about being stretched too thin? Do you feel like there is never enough time to do it all? We are struggling to balance our multiple roles. The key is to understand that true balance has little to do with time management and more to do with meeting our core priorities. When we know what we want, our life satisfaction increases and we are able to experience more joy, success and meaning in our life.

#### Breaking The Silence On Mental Illness

##### **Bringing Supportive Conversations To The Workplace**

Silence about mental illness is costly and many who need help often suffer in silence. Would employees in your workplace feel uncomfortable speaking to their manager, union representative or a colleague if they experienced a mental health issue? Over half of respondents feared that making such a disclosure would jeopardize their chances for promotion and future success in their organizations. The key to breaking down barriers and eliminating the stigma is in our ability to have supportive, honest, caring conversations.

#### In The Swirl of Chaos, Create A Beacon Of Hope

##### **How to be Resilient in the Workplace When Everything Goes Sideways**

Strategic hope builds resiliency. Strategic hope requires direction, energy and a support network and with these tools, you will be able to build your unique personal action plan to reboot, reenergize and ignite you're your life.