



NAVIGATING CHALLENGING TIMES

2020 BETA GROUP PROFESSIONAL DEVELOPMENT SEMINAR



The High Cost of Grief - Grief is one of the least understood and talked about topics yet it conservatively costs U.S. businesses over \$75 billion annually; however, grief is not just measured in dollars lost. It's the life, health, and relationships negatively impacted by the millions of individuals suffering everyday. Now more than ever we need skills to effectively help ourselves and those we love.

Speaker - **Bobbie Rill, M.A., LPC** is a Certified Clinical Trauma Professional and Advanced Certified Grief Recovery Specialists/National Trainer with the Grief & Wellness Group, Inc.

The Awareness Approach: 12 Insights to Mindful Living - A fundamental introduction of the practice of mindfulness with 12 key areas of focus. You will have an opportunity to be guided through a breath exercise which in just 5 minutes you'll feel like you have taken a 20 minute nap. Use it anytime & anywhere during these tough times & beyond!

Speaker - **Dan Johnson** is the Executive Director of the Wellness Council of Arizona



LinkedIn Networking Strategies - LinkedIn is the world's largest professional network, with 590M users across 200 countries. While you may have a profile, you may not know how to use this incredible tool to build your network and promote your company's brand. In this session you'll learn about LinkedIn's features and capabilities, as well as easy strategies you can start using now to amplify your message online.

Speaker - **Maisha Hagan** is the owner and head coach at Beauty & the Boss, a professional development and career coaching service for women in male-dominated industries.



Beta Group
GIVE • LEARN • CONNECT

When: Friday, August 7, 2020
1:00 P.M. - 4:00 P.M.



Where: Virtual Zoom Meeting



Registration Details:

This is a free event for Beta members and invited guests but donations to our scholarship fund are welcome. No amount is too small!!! Support the future of the Beta Scholarship Program.

Attendees who RSVP by July 31, 2020 will receive a special gift mailed to them.

To register, please email Tami Griffin at tamara.g@wt-us.com with your name and address where to send your attendee gift.