



# THRIVE!

with *Dr. Beth*



SPEAKING · COACHING · CONSULTING

Are you **THRIVING**, or just barely surviving? In Dr. Beth's THRIVE! Workshop she uses her 20-years of experience as a counselor and consultant, and the research from her degrees in Psychology, Clinical Social Work and a PhD in Mind-Body Medicine, to help you learn how to THRIVE! Rather than just 'getting by' day-to-day, ask yourself what you really want from your life and your relationships. Are you...

- feeling close and connected to those that you love?
- using your body as it is meant to be used?
- eating nutritious foods and spending time in nature?
- sleeping well at night so you feel rested and full of real energy to start your day?
- managing stress, anxiety and depression without medication?



## *Background*

Dr. Beth inspires transformation in critical areas that help people and organizations THRIVE! Her vast experience as a psychotherapist, organizational consultant, speaker, coach, trainer and facilitator over two decades help her to reach people and ask powerful questions that create new insights and determined action.

## *Experience*

Dr. Beth has two decades of experience as a Speaker, Trainer, Consultant, and Coach. Her coaching curriculum is considered "Best Practices" in the customer support industry and is licensed by HDI, The KCS Academy and DB Kay & Associates. She teaches Consulting Skills, Ethics and Evidenced Based Coaching at Saybrook University.

## *Education*

Beth is a Licensed Clinical Social Worker, and has a PhD in Mind-Body Medicine: Health Systems, from Saybrook University. She also has the "Master Personal and Executive Coach" certification through the College of Executive Coaching.

**Beth Haggett, LCSW, PhD, Master Personal & Executive Coach**

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Dr. Beth has dedicated her life to studying relationships, personal and organizational health, and managing stress and negative emotions. Come learn the tools you need to THRIVE! both at home and at work, in your relationships, and in your personal life.

After Dr. Beth's Experiential workshop, you will have:

- A clearer Life Vision and next steps to getting there.
- Knowledge about your nervous system and how to use it to help you THRIVE!
- Improved Communication Skills
- Skills and tools to work through depression, anxiety and stress



## Speaking Topics

Empowered to THRIVE! Life Hack Skills for Home and Work

THRIVE! for Couples

THRIVE! For Survivors of Sex Abuse

THRIVE! for the Empowered Executive!



## Testimonials

"Beth can lead a group through an exercise and open up their awareness to the possibilities that have existed just beyond their reach. I love the way she merges her personal stories, with the exercises at hand to put everyone at ease. She is a master at breaking down the communication and cultural barriers that hold back any group from reaching its fullest potential. I highly recommend Beth and her work, and I eagerly look forward to the next opportunity to engage her magical services."

**Brad Smith**

EVP Customer Experience at Sage

"It was so wonderful to have you with us at our retreats. We heard nothing but great comments and people were talking about how they were going to take their new "tools" home and use them regularly!! I can just see the Directors shaking away after a tough day. You made such a fabulous addition, I can't tell you how much it meant for me personally to have you there."

**Laura Seklemian**

Training and Development Coordinator, Utah Children's Justice Center Program

"Great Class and Dynamic Motivating Instructor!"

**Joe**

Sandia National Laboratories

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