

Beverly Beuermann-King

Stress and Wellness Specialist at Work Smart Live Smart - R 'n' B Consulting

Toronto, ON, CA

Stress and Wellness Specialist

Biography

Stress Speaker. Entrepreneur. Parent. Partner. Beverly translates current stress and health research into practical strategies that can help you along your path to wellness. Beverly is best known for her SOS Principle and her enthusiastic presentations.

Availability

Keynote, Panelist, Workshop, Corporate Training

Industry Expertise

Health and Wellness

Areas of Expertise

Creating the Balance You Desire, Stress Smart Leaders, Mental Illness: Breaking the Silence

Affiliations

Global Speakers Federation (GFS), International Stress Management Association (ISMA), Canadian Association of Professional Speakers (CAPS)

Education

University of Guelph

Univeristy of Guelph

Bachelor of Arts Psychology and Sociology

Accomplishments

Certified Speaking Professional

Testimonials

Dianne

?Beverly provided a one-day workshop on Work Life Balance to CUPE National Representatives during our staff training session in Alberta. Beverly was enthusiastic in sharing her knowledge and perspectives, as well as open to reflecting on the participant?s questions and commentary. We certainly enjoyed and applauded Beverly?s professionalism, humour, candor and presentation. And, we are currently scheduling another training session with her?

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