

Beverly Beuermann-King, CSP

Stress and Wellness Expert * Professional Speaker

Transforming Lives and Companies Through The S-O-S Principle

Stress and wellness expert, Beverly Beuermann-King translates current research into realistic, accessible and practical strategies and funnels them through her unforgettable S-O-S Principle.

Since 1997, Beverly has travelled the country sharing her S-O-S Principle which has helped individuals and teams find the right strategies to effectively deal with their stressful challenges. Beverly has been a consultant to the Canadian Mental Health Association and is a member of the International Stress Management Association. An author of dozens of articles and publications, she is a sought-after media commentator on personal and workplace stress and health issues.

Beverly's down-to-earth style and presentations will help your team achieve balance, wellness, and success.



Work Smart. Live Smart

**Beverly works with people who want to
CONTROL their stress reactions,
MINIMIZE the impact of stress, and
LIVE healthier lives.**

Book Beverly for Keynotes, Breakouts or Workshops

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PROGRAMS TO ADDRESS YOUR TEAM NEEDS:

S-O-S: From Surviving To Thriving With Stress
Harness Your Energy - Bust Your Stress
Joy, Success and Meaning - Finding Balance
Stop Letting That Difficult Person Ruin Your Day
Understanding Depression and Mental Illness

HERE'S WHAT BEVERLY'S CLIENTS ARE SAYING:

"Excellent, compelling and high voltage." CIBC

"Eye opener - could have listened to her all day - we should have more of these." Ontario Power Generation

"Best Health and Safety presentation to date." Imperial Oil

"Every convention should start this way." Calgary City Teachers Convention

"Wonderful presentation - great mix of humour and information."
Ontario Association of School Business Officials



Global Speakers Federation
Advancing the Professional Speaking Community Worldwide



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