



## **Most Requested Topics**

An expert in organizational and positive psychology, Dr. Beth Cabrera combines a wealth of knowledge with an engaging style that leaves participants both inspired and equipped with the practical know-how to make effective change.

Each talk can be presented as a keynote or workshop and will be tailored to meet your needs. For more information contact [beth@cabrerainsights.com](mailto:beth@cabrerainsights.com).

### **Build a Positive Workplace: How to Enhance Well-Being for Peak Performance**

Employee well-being directly impacts the bottom-line. Happy employees are more engaged and more productive. They have more satisfied customers and are less likely to leave. This presentation outlines specific strategies for creating a more positive work environment where everyone can thrive.

### **Master Your Mind: How to Find Focus in a World of Distraction**

The ability to focus is a critical skill, leading to greater effectiveness, better judgment, increased self-awareness, and stronger social connections. But paying attention is harder today than it ever has been. In this presentation, you will learn how to create habits to become more mindful and enhance your focus.

### **Develop Strengths: How to Empower People to Be their Best Possible Selves**

People who use their strengths at work have higher levels of job satisfaction and engagement. They consistently perform at their best. In this presentation, you will learn how to identify your strengths and how to develop them by finding ways to apply your strengths more often.

### **Maximize Meaning: How to Inspire Excellence Through Impact and Purpose**

People are inspired to perform at their very best when they see how the work they do makes a positive difference. This presentation will provide different strategies for increasing the meaning that people experience at work.

### **Engage Women Leaders: How to Cultivate a Supportive Climate**

Companies benefit from having women in leadership positions, yet women remain sorely underrepresented at the top of organizations. In this presentation, the barriers and facilitators to women's advancement will be discussed. Suggestions for creating work environments that help women advance their careers will be covered.