



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.

The following topics can be delivered as a 60- or 90-minute keynote presentation, a half-day workshop, or a full-day workshop and will be tailored to meet your specific needs.

Building a Thriving Workplace

Employee well-being directly impacts the bottom-line. Employees who are thriving 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.

Cultivating Mindfulness

Mindfulness can improve decision making and enhance focus. It also promotes greater emotional intelligence. In this presentation, you will explore the benefits of mindfulness and will learn practical techniques for becoming more mindful.

Leveraging Strengths

People who use their strengths at work have higher levels of engagement and consistently perform at their best. In this presentation, you will learn how to identify strengths and how to develop them through role shaping and teamwork.

Making Work More Meaningful

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

Women, Work, and Well-Being

Women face a number of challenges that result in their underrepresentation at the top levels of organizations. This presentation will discuss how to create work environments that enhance women's well-being so that they can thrive while advancing their careers.