



## **Beverly Beuermann-King, CSP**

**Workplace Culture and Resiliency Expert  
R 'n' B Consulting Corp - Work Smart Live Smart  
Little Britain, Ontario**

With an impressive track record spanning over 25 years, Beverly has been guiding individuals and organizations toward mastering their reactions to stress, cultivating a culture of resilience and achieving thriving, successful lives through her innovative S-O-S Principle™. As the driving force behind Work Smart Live Smart since 1995, Beverly has been at the forefront of transforming teams—from the overwhelmed to resilient powerhouses—across diverse industries, including health care, education, government agencies, finance and not-for-profit sectors. Her presentations, rooted in extensive research and drawing from her background in psychology, sociology, management and adult education, are both enlightening and inspirational. They offer audiences the precise strategies needed to improve mental health, tackle workplace challenges and amplify overall life satisfaction. Beverly's influence extends far beyond her captivating speaking engagements. She is a prolific author, esteemed podcaster, and a sought-after media and brand spokesperson, gracing over 500 television and radio shows. Recognized as one of the esteemed Certified Speaking Professionals, a distinction held by less than 70 Canadians, she has also made history as the inaugural Certified Virtual Presenter through eSpeakers and Power Women Worldwide. Prepare to be captivated as Beverly empowers you to conquer stress, cultivate resilience and unlock the secrets to a healthier, more fulfilling life.