

2020

Turning Point SERIES



IIDA
SOUTHERN CALIFORNIA
chapter

Keep Your Cool : Tips to Maintain Grace & Mindfulness Through Challenging Times



VIRTUAL EVENT

October 29th, 5:30 - 6:30pm

REGISTER

Register at iida-socal.org

Join Audrey Bellis for an impactful workshop that will shift your mindset to a place of service and drive actionable outcomes. During this hour you will create a mantra, develop a process for how to transition limiting thoughts to possibility and implement self-checks + grounding techniques. Get ready to leave the feeling of stuck exactly where it belongs, in the past.

SPEAKER

AUDREY BELLIS

FOUNDER (WORKPLACE CHAMPION, SUCCESS ENABLER), WORTHY WOMEN



Audrey is a first generational Latina, multi-time founder, and mom raising her son in Los Angeles. Known for her ability to drive connection, Audrey has helped bridge businesses to resources through public/private civic partnerships such as StartUpDTLA; she has helped women of color take a seat at the table in corporate environments through Worthy Women and drives Sales + Leadership teams to revenue through empathetic leadership. Often memorable, Audrey will leave you empowered and reminded of your self-worth.



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