

INTRODUCING

Audrey Bellis



Company: Worthy Women

Title: Founder, (Workplace Champion, Success Enabler)

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Presentation Summary

Join Audrey Bellis for an impactful workshop that will help you 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.

Mantra Training (40mins via Zoom)

Outcomes:

- Formula/process (via activity) to create a manta(s) applicable to shifting your mindset
- Self audit/ Evaluation of current state, what's NOT working and how to move the needle
- Grounding techniques that can be applied anywhere and recalibrate/focus in 2mins or less

Impact:

- Take home activity for IDP applicable in personal life/ work

Bio

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.