

BETH RIDLEY

Speaker • Consultant • Coach • Author

Life is short, so we should live it fully. That's why I created The Brimful Life, to fill careers and organizational cultures with joy and meaning.

BROAD EXPERIENCE

- Leadership roles in Fortune 500 companies, start-ups, non-profits, management consulting
- Lived and worked in London, Tokyo, Johannesburg, Bangkok
- Interviewed 100+ professionals for blogs and podcast series



DIVERSE EDUCATION

- Univ of Virginia - BA, English Lit
- Tufts Univ - MA, Int'l Relations
- Columbia University - MBA
- Certified positive psychology and mindfulness coach

SPEAKING AND WORKSHOP TOPICS



Managing Fear and Self-Doubt

- Act Like a Kid to be Brave
- Achieve Success by Failing with Enthusiasm



Change Agility and Resiliency

- Treat Your Career Like a Bad Boyfriend
- Improve Your Mindset at Work to Survive Even the Worst Days



Career Fulfillment

- Working Tips from Retirees
- You Don't Have to Know, You Do Have to Do - Discover Your Passion
- Focus on the Journey, Not the Outcome



Authentic Leadership

- Be Yourself to Bring Out the Best in Others
- Inspire and Empower Those Around You



Driving High Engagement

- Go Small for Big Impact
- Be Yourself to Bring Out the Best in Others
- Inspire and Empower Those Around You



Entrepreneurial Mindset

- Loosen the Golden Handcuffs
- Network Like a Boss
- Achieve Success by Failing with Enthusiasm