



Megan Bearce, LMFT
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Topics

What Do I Want? Creating a Path to Transition Toward New Professional or Personal Goals©

“What do I want?” The past two years have been a time of stress and upheaval, leaving many people asking this question. The concept and state of “I’m burned out” doesn’t always translate to a new career, but instead, possibly a different role within a company or industry or it may include new personal endeavors.

This session is designed to help attendees explore what they’ve learned and experienced during this challenging time, as a method to re-evaluate career and personal goals, learn strategies to lessen burnout, and take steps to transition to “what’s next”.

Join Megan Bearce, LMFT for tips and solutions and participate in an interactive audience activity as well as ask additional questions of the speaker.

Learning Objectives:

- Recognize how identifying one’s story and how one makes meaning of events are two important tools for navigating transitions.
- Evaluate strategies for identifying both work and personal goals, along with the next steps for moving towards them.
- Describe how perfectionism, resentment, and anxiety influence fear, confidence, and motivation to initiate change.

You Don’t Have to Do It All: The Quest for Work-Life Balance©

Society tells us that “We can do anything!”, but many people instead hear, “We have to do everything...perfectly.”

We all know that perfection is an unrealistic goal, but the continued quest for it, especially when juggling the responsibilities of home and work, often leaves us overwhelmed from trying to do it all. This presentation will reveal 2 stress-reducing mottos to incorporate into your daily life along with a list of relevant resources to support this shift and participants will engage in a short exercise to learn where to begin.

Learning Objectives:

- Learn how to quiet critical self-talk.
- Discover how to reduce feelings of guilt.
- Shift your thinking from “I should” to “I want to.”



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Empathy and Leadership: Key Aspects of Workplace Mental Health©

Burnout has grown into a global epidemic and it is important for corporations to expand workplace mental health efforts to include looking at the issue from a systemic perspective. One way to make a longer-lasting impact? Empathic leadership. A licensed mental health professional, Megan Bearce, LMFT will examine the interconnectedness of empathy and successful leadership, discuss some of the new data, and share strategies to bring back to the office as we return to a new type of workplace.

Learning Objectives:

- Describe the multiple factors connecting workplace mental health, burnout, employee retention, and empathic leadership.
- List the potential short-term and long-term impacts of an empathetic leadership style.
- Identify leadership strategies for cultivating a successful post-COVID workplace.

Profile

Megan Bearce is a licensed therapist, speaker, coach, and author of *Super Commuter Couples: Staying Together When a Job Keeps You Apart*. She is a sought-after speaker and writer on workplace mental health, burnout, business travel wellness, and perfectionism and has been interviewed as an expert by SHRM, BBC, Forbes, MarketWatch, and CBS Evening News. She holds a MA in Clinical Psychology, a LMFT license, and is a former CPA, bringing a wide range of knowledge and experience to her presentations and work with clients.