



Becoming Your Best Self

Tips on Living with Purpose and Passion for Optimal Happiness



BETH HEISS

Beth will share with us how focusing on your strengths and living with purpose will help bring you joy and success. She encourages you to take the CliftonStrengths assessment and bring your report with your Top 5 themes to the meeting (visit <https://store.gallup.com/p/en-us/10108/top-5-cliftonstrengths>). During her talk she will also tell us about one of the classes she teaches “The Study of Happiness” and how you can intentionally increase your happiness.

Beth Heiss is an Assistant Professor of Marketing at Adrian College and the Director of Women’s & Gender Studies. She previously worked as the Director of Institutional Research & Assessment at Adrian College. She has spent 20+ years working in Sales and Marketing with small to large businesses and spent half of those years at Valassis in Livonia.

Beth earned her MBA at Wayne State University and a BBA at Adrian College. She is certified in Emotional Intelligence 2.0, and her Top 5 CliftonStrengths are: WOO, Futuristic, Maximizer, Strategic, and Focus.

To learn more about Beth Heiss, visit <https://www.linkedin.com/in/beth-heiss-0386a81a/>.

WEDNESDAY, APRIL 13, 2022

6:00 DINNER / NETWORKING IN PERSON | 6:30 P.M. MEETING / ZOOM / PROGRAM

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

\$15 TO ATTEND IN PERSON (INCLUDES DINNER) | NO COST TO ATTEND ZOOM

LIVONIA CHAMBER OF COMMERCE OFFICE

33300 FIVE MILE ROAD, LIVONIA, MICHIGAN (NE CORNER OF FARMINGTON ROAD)

THE AMERICAN BUSINESS WOMEN’S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. WWW.ABWA.ORG.
QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT NOVIOAKSABWA@GMAIL.COM



Novi Oaks Charter Chapter