

DR. BETH KAPLAN



Rewrite Your Story

Rewrite your Story, Reclaim your Power, and Discover your True Potential

You have a story that shapes how you see yourself and the world. It's a story you've been telling yourself for a long time, maybe since childhood. It's a story that influences your decisions, actions, and emotions. But what if that story could serve you better? What if that story keeps you from achieving your goals and dreams? What if that story prevents you from feeling a sense of belonging to yourself and others?

In a journey of self-reflection through this inspiring keynote, Dr. Beth Kaplan will help you change the stories you tell yourself that may be holding you back. Dr. Kaplan is a leading expert on belonging, work trauma, and leadership development. She has spent over twenty years helping people like you rewrite their stories and reclaim their power.

Dr. Kaplan's talk on belonging and psychological safety was engaging, inspiring, and practical. She connected with everyone in our organization.
Director, Carnegie Foundation

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You either walk inside your story and own it or
you stand outside your story and hustle
for your worthiness.

Brene Brown

*In this keynote,
you will learn:*

✓ How to identify the stories that
shape your reality and impact
your wellbeing

✓ How to use the lessons from
your stories to grow and heal

✓ How to create new stories
that empower you and align
with your true potential