



The New Mexico Public Schools Insurance Authority (NMPSIA)
PRESENTS *the December Wellness Webinar*



the Power of Gratitude

Can gratitude really change our lives? Science tells us yes. An “attitude of gratitude” is a good health choice – heightened energy level, strengthened heart and immune system, decreased blood pressures, increased likelihood to exercise, and decreased stress, anxiety, depression and headaches. Join us to learn how we can create a gratitude practice for ourselves and make it an integral part of everyday life.



December 8, 2020 | 3:30 PM – 4:30 PM

ZOOM WEBINAR LINK:

<https://attendee.gototraining.com/r/3239018727396182529>

**Maribeth Bohley, Manager:
Learning and Organizational Effectiveness, The Solutions Group**

Maribeth has more than 30 years of experience as a learning professional including designing, developing, delivering and evaluating learning interventions. In addition, she has more than 20 years of experience as an organizational effectiveness professional leading change management, business restructuring, teambuilding, problem solving, process improvement, competency modeling and performance management initiatives for Fortune 500 companies. She is a certified Myers-Briggs Type Indicator (MBTI) Step I and II facilitator, Six Sigma Green Belt, Crucial Conversations/Confrontations trainer and leadership development coach. Maribeth passionately supports integration of the whole person - spiritual, emotional physical and intellectual - in the pursuit of lifelong learning.

Can't make the webinar? No problem.

All registrants will receive a recording of the webinar sent to their email.



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