

**FREE TRAINING**

# **Be The Exception**

**By: Annie Meehan**

**Public Speaker ♦ Professional Speaker ♦ Impact Speaker**

Annie Meehan is an author, a franchise business owner, wife, mother, certified coach, team support for 100+ Advocare distributors, and volunteer. She also knows about overcoming. She speaks powerfully about being “the exception” in your life, business, and relationships. Annie’s presentations engage audiences with her profound depth of understanding challenges, embracing compassion and the pursuit of results through hard work and plain old grit. From having no voice to speaking to thousands, Annie’s authentic, engaging presence and dedication to her audiences is unmistakable.

**Date:** Thursday, May 10, 2018 **Time:** 9:00am – 12:00pm

**Location:** Tuscan Center Ballroom inside Midtown Square  
3333 W. Division St., Suite 116  
St. Cloud, MN 56301

Attendees will:

- Learn about what makes life’s journey rich by getting on the path of discovering one’s authentic self.
- Learn about the “7 Ways of Being” (honest, gentle, flexible, healthy, courageous, open and authentic).
- How “Being” is more important than the “Doing”.
- Leave with new perspectives and practical take-aways.

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

RSVP by emailing [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us) as seating is limited.

*A Certificate of Attendance will be provided for CEUs*

Training is presented by:



**Adult Mental Health Initiative**  
*Benton, Sherburne, Stearns, Wright Counties*

Please visit us at [www.mnmentalhealth.org](http://www.mnmentalhealth.org) to sign up for future trainings and announcements.