

SPEAKER · FACILITATOR · AUTHOR

Dr. Beth Torres

PhD · MBA · PMP | Founder & CEO, Apexium Growth

Keynotes and workshops that build leaders who play to their strengths, own their outcomes, and lift others up.



SIGNATURE TOPICS & WHAT YOUR ORGANIZATION GAINS

01

Strengths-Based Leadership

Stop trying to fix weaknesses; instead, help leaders discover what they and their teams do best and build around it.

OUTCOMES

- Leaders who know and use their strengths and their team's
- Higher engagement and better role fit
- Development conversations people look forward to

02

Accountability That Sticks

Accountability shouldn't be a search for blame; it should be a shared commitment that teams truly own.

OUTCOMES

- Clear ownership of commitments and results
- Fewer dropped handoffs and less follow-up chasing
- Earlier, more honest conversations about performance

03

Sponsorship vs. Mentorship

Mentors give advice; sponsors use their influence to advocate. Learn why both matter and how to do each well.

OUTCOMES

- Senior leaders actively sponsoring high-potential talent
- A stronger, more representative leadership pipeline
- Better retention of the people you can't afford to lose

FORMATS

Keynote · 45–60 min

Half-day workshop

Full-day workshop

In person or virtual

Let's build your next great leaders.

Book a free, 30-minute discovery call to get started.

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ABOUT BETH

Dr. Bethany "Beth" Torres is the founder and CEO of Apexium Growth, a Colorado-based firm that helps organizations break through growth plateaus by building stronger leaders and high-performing teams.

Beth holds a PhD, an MBA, and a PMP certification; her work focuses on leadership development and cross-functional sales enablement. She is the author of *GROWTHABLE: The Complete Guide to Building High-Performing Teams*.

Executives who have worked with her describe her as clear, empathetic, and accountable to outcomes. Her sessions pair proven frameworks with practical tools; leaders leave ready to apply them the very next day.

WORKING WITH BETH IS EASY

- 1 Discovery call.** A free, 30-minute conversation about your goals, audience, and timing.
- 2 Tailored to you.** Beth customizes the content and examples to fit your industry and culture.
- 3 Engaging delivery.** Interactive, practical sessions with real-world exercises, delivered in person or virtually.
- 4 Lasting impact.** Follow-up tools and optional coaching help the change stick.

WHAT PARTICIPANTS SAY

"I thoroughly enjoy an experienced presenter who can share real-life experiences. Your presentation brought so much credibility to the topic: leadership through knowledge and integrity."

— Leadership session participant

"Extremely well organized and thought out; the exercise was very effective. Dr. Torres engaged the group, kept their attention, and answered questions effectively and succinctly. Great session!"

— Workshop participant

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