



Becky J. Benes

Transformational
Speaker and Coach

Becky J. Benes, MPS

A Visionary and Catalyst for Change

Becky understands that problems cannot be solved from the same consciousness which created them. Her fun and thought-provoking style helps leaders to rise above their circumstances so that they can see situations from a higher and broader perspective.

Becky's fun, humorous and transforming presentations bring:

- Simplicity to complex issues,
- Levity to life's challenges,
- Powerful insights and understanding

Becky's presentations, workshops and retreats evoke:

- Possibility and purpose
- Expanded visions and mindset shifts
- Inspired action
- Confidence, courage and clarity
- Deeper insights and understanding of one's authentic-self
- Meaning and life/work balance
- Personal empowerment

Becky paves the way for audiences and organizations to experience ultimate success and authenticity by masterfully blending her life experiences, her business savvy and Universal Spiritual Principles.



Here's what your colleagues say about Becky's presentations...

"Warm, engaging and thought-provoking. Just what we needed in our team-building journey." — Monty Stanley, HR Director San Angelo Standard Times, San Angelo, TX

"Dynamic and powerful speaker and trainer. Becky masterfully delivers her message riveting the audience." — Janis Charlton Pullen, CPA ret., MAcct, Certified Executive Coach, Albuquerque, NM

"Becky's humor had me rolling on the floor and her generous spirit warms up the room." — Cindy Jordon, Composer, Author of Butterfly Moments and Pearl

"Becky's words resonated with us all and her presentation was what everyone talked about the rest of the weekend." — Anita Gebhardt, TBW of Dallas Metro North, TBW State Conference

"Becky's enthusiasm is contagious and her information valuable." Jessica Lambert, ASU-SBDC Business development specialist and Training Coordinator, San Angelo TX

"Transformational, fun and affirming." — Kathleen Deal, Corporate Trainer, Mary Kay Sales Director, Des Moines, Iowa

Speaking/Retreats/ Seminar Topics...

- Inspiration
- Authenticity
- Empowerment
- Self Esteem
- Mindfulness
- Overcoming Adversity
- Work/Life Balance

Contact Becky by email at Becky@OnenessOfLife.com
Phone 325-234-1326 or on the web at www.OnenessOfLife.com

Inspiring ~ Authentic ~ Mindful



Becky provides keynotes, breakout sessions and leadership retreats for global leaders that strive to empower people to create transformational impact for the greater good; yet, find themselves stuck, uninspired, frustrated, overwhelmed and lacking focus and purpose.

As a result of working with Becky, audiences, organizations, and leaders:

- Transform and expand their visions
- Establish authentic and sustainable missions, shift mindsets and beliefs
- Inspire staff and volunteers to create unprecedented results
- Generate community awareness and involvement
- Increase credibility and sustainability
- Attract powerful and influential partnerships



Becky has been the featured speaker and/or facilitator for various organizations and conferences:

- Texas Business Women's State Conference, Dallas, TX
- YMCA of Mesa, AZ Mentoring Program
- Texas Business Women of Plano, TX
- Lubbock Regional Interfaith Conference, Lubbock, TX
- Annual Season of Peace for the Peace Ambassadors of West Texas
- Girl Scouts of Central Texas
- Angelo State Small Business Development Center
- Annual San Angelo Chamber of Commerce Women's Round Table Event



Becky holds a Master's Degree in Pastoral Studies from Loyola University, New Orleans with a focus on Spiritual Direction and a **Bachelor of Business Administration** from Angelo State University.

Coaching Certifications through the *International Association of Women Business Coaches* include:

- Money, Marketing and Soul Coach,
- Niche Breakthrough Specialist
- Money Breakthrough Method Coach
- Sacred Money Archetype Coach

Speaking accolades:

- Power House Speaker through the Motivating the Masses Speaker Training
- Advanced Communicator Silver status in Toastmasters

Some Favorite Keynote Presentations and Break-Out Sessions...

- **Lighten Up: Life is too short to be taken so seriously...** Happiness is truly the pathway to unbelievable success.
- **The Power of the Word...** Words have the power to create our reality and impact our overall success. Learn how to communicate in ways that inspire, empower and honor yourself, your team and your clients. People do business with people who make them feel good.
- **Mindfulness...** Open your mind to the infinite possibilities and learn how thinking out of the box expands and transforms your organization's potential and at the same time decreases stress, overwhelm, and frustration.
- **We Are One...** Synergy within oneself and organizations is paramount to obtaining optimal success. Learn the secrets for creating loyal, creative, happy, productive and successful teams and bringing them together as ONE!
- **Awaken To and Step Into Your Brilliance...** We are where we are based on the choices we have made. Most of our choices have been harnessed or harassed by the good opinion of others, false beliefs and disempowering mindsets which keep us trapped in the cycle of bondage. However, when we remember or reconnect who we are, our thoughts break their bonds and we become greater than we ever imagined possible.

Each of Becky's topics may be customized to meet the needs of your organization. Other topics for keynotes and breakout sessions are available. Contact Becky today at 325-234-1326 or www.OnenessOfLife.com



Are you ready to create positive and sustainable change, impact the lives of many, and leave a lasting legacy? If so, invite Becky to be your next speaker and/or conference/retreat facilitator.

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More about Becky...

- She's the author of 2 books: *Oh My Chocolate God the Great Chocolatier*; and *Melt Into Your Essence Meditation Journal and CD*.
- Her biweekly column, *Something To Consider* published in the *San Angelo Standard Times*, reaches more than 325,000 readers.
- Has been published in various organizational, spiritual and religious newsletters and featured in *Choice Magazine*, the premier resource for coaches worldwide.
- Was honored as a 2014 recipient of the prestigious Girl Scouts of Central Texas Women of Distinction Award.
- Honored with the 2013 CMMS Income Achievement Award presented by the International Association of Women in Coaching.
- With her visionary mastery and her ability to inspire others to action, Becky has helped organizations and groups raise over a half million dollars.

Oh My Chocolate



The book enlightens the reader about who they are while the journal takes the reader on the transformational journey toward their Highest Potential.

OhMyChocolate.net