



Bethany Williamson, MEd

SPEAKER | AUTHOR | EDUCATOR
BASTYR TRAINED AROMATHERAPIST

"Empowering families to take a natural approach to healing in their homes"

DYNAMIC KEYNOTE & WORKSHOP TOPICS TO ENGAGE YOUR AUDIENCE THROUGH LIVELY EDUCATION ABOUT ESSENTIAL OILS

Bethany Williamson is a former elementary educator with a Masters in Education and a Bastyr Trained Aromatherapist. She is passionate about empowering your audience to take a natural approach to healing in their homes, physically, emotionally, and spiritually. Bethany does this by educating your audience about the safe and effective use of essential oils. She's known by her clients as "The Essential Oil Guru", both locally and internationally, and has spoken on the use of essentials over 100 times.

IMPROVE YOUR SNOOZE: HOW TO GET A GOOD NIGHT'S SLEEP USING ESSENTIAL OILS **LENGTH: 30 MINUTE WORKSHOP**

In this workshop, you will learn how to:

- De-stress from the day and relax your body
- Shut off your monkey mind and quiet your thoughts
- Drift peacefully off to sleep after a busy day

LET'S GET FOCUSED: FOCUS ISSUES AND MOOD MANAGEMENT FOR KIDS IN SCHOOL **LENGTH: 60 MINUTE KEYNOTE/WORKSHOP**

In this keynote/workshop, you will learn:

- The top 5 foods and nutrients for focus
- How exercise can help kids improve their learning abilities
- Which essential oils can influence kids' mood and focus

HOW TO IMPROVE MOOD, MEMORY AND IMMUNITY **LENGTH: 30 MINUTE WORKSHOP/CORPORATE LUNCH 'N' LEARN**

In this workshop, you will learn:

- How To Smell Your Way Back To Happy While At Home or Work
- How inhaling certain scents that can instantly boost your clarity and mental focus
- Ways To Support Your Immune system throughout the year



ABOUT SQUARE PEGS, ROUND WORLD LLC

Square Pegs, Round World LLC was founded by Bethany Williamson. Her company was launched to educate individuals and families on the safe and effective use of aromatherapy and essential oils for physical, emotional and spiritual empowerment.

BOOK BETHANY TO SPEAK

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