

SHELLEY KEMP

HR Business Partner | Memphis Grizzlies



Women LEADERSHIP

THURSDAY, OCT. 17 | 4:15-5:30 PM

STUDENT TRACK

Become Your Best Self | Session #3

In this engaging and uplifting program, we will explore practical strategies and insights to help you become the best version of yourself. We'll delve into the importance of self-awareness, continuous learning beyond college and resilience. We'll discuss how these elements contribute to overall happiness. You'll learn actionable tips for achieving meaningful goals, cultivating positive habits and maintaining a balanced/ fulfilling life.

Event is free to attend. Registration required.

**SCAN TO
REGISTER**

