

*For Immediate Release*

## **Join Speaker, Author and Mental Fitness Advocate Ben Nemtin for May's ExpressTalks Broadcast**

***National Inspirational Event Hosted by Express Employment Professionals***

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**OKLAHOMA CITY, May 3, 2022**—Express Employment Professionals continues its slate of inspiring broadcasts with May's ExpressTalks featuring speaker, author and mental fitness advocate Ben Nemtin.

ExpressTalks: Face Uncertainty by Making the Impossible Possible will be available to view across the U.S. and Canada on Thursday, May 5. Participants can register online at [ExpressPros.com/ExpressTalks](https://ExpressPros.com/ExpressTalks). Twenty viewers will also win a spot to attend a virtual career coaching session with radio personality Bobby Bones.



Before hanging out with Prince Harry, achieving notoriety as a No. 1 New York Times best-selling author or shooting hoops at the White House, Nemtin struggled with overwhelming depression. To overcome this, he committed to a series of positive life changes and had a shift in perspective that changed his outlook on life.

Through his message, Nemtin shares how his time on MTV's *The Buried Life* grew from 100 impossible dreams into a global movement and connects his lessons to everyday life.

Key highlights of the broadcast will include:

- Steps to accomplish seemingly impossible goals
- Practices that increase well-being during times of stress, anxiety and burnout
- Knowledge that all aspects of your life impact your work performance
- Proof that small acts of service can create a large-scale impact in your organization and community
- Identify the number one thing that holds you back from accomplishing your goals

“In this fast-paced world, Ben’s message of hope, determination and practicing self-care aims to create a better, healthier workforce in every aspect,” Express Employment International CEO

Bill Stoller said. "We look forward to sharing this inspirational event and time with event and time with the public and know they will leave with actionable steps to make the impossible possible."

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If you would like to arrange for an interview with Bill Stoller to discuss this topic, please contact Sheena Hollander, Director of Corporate Communications and PR, at (405) 717-5966.

#### **About Bill Stoller**

William H. "Bill" Stoller is chairman and chief executive officer of Express Employment International. Founded in Oklahoma City, Oklahoma, the international staffing franchisor supports the Express Employment Professionals franchise and related brands. The Express franchise brand is an industry-leading, international staffing company with franchise locations in the U.S., Canada, South Africa, Australia and New Zealand.

#### **About Express Employment Professionals**

At Express Employment Professionals, we're in the business of people. From job seekers to client companies, Express helps people thrive and businesses grow. Our international network of franchises offers localized staffing solutions to the communities they serve across the U.S., Canada, South Africa, Australia and New Zealand, employing 586,000 people globally in 2021 and 10 million since its inception. For more information, visit [ExpressPros.com](https://ExpressPros.com).