



www.happyhealthyleadership.com

Cathi Williams

LIFE COACH AND
MOTIVATIONALSPEAKER

MEDIA KIT

Hi, I'm Cathi!

LIFE COACH & MOTIVATIONAL SPEAKER

As a life and wellness coach, motivational speaker, and workshop facilitator, I help people unlock the best version of themselves. With over 20 years in the wellness space and 10 years of mindset coaching, I've helped mid-level executives to innovative CEOs and entrepreneurs build mental strength, confidence, and fulfillment.

My journey started much like anyone's—with my own struggles. As a teen, I faced down personal challenges, transforming my health and my self-perception. I embody the change I advocate, making my coaching approach both authentic and relatable.

I am passionate about creating spaces to share, learn, and grow. I lead with heart, teaching groups to handle life's big moments through the EO Network and hosting workshops that help people redefine their "why". My lunch and learns and half day retreats, blend physical and mental wellness strategies with mindfulness practices, meditation, and yoga. I'm proud to have brought this blend of energy and serenity to many companies, including a standout event for Hyatt Hotels' top 100 clients.



HAPPYHEALTHYLEADERSHIP.COM

SPEAKING TOPICS



- ✓ **Mentally & Physically Fit**
Your mental and emotional health are just as important as hitting the gym and eating healthy. When you align your goals with joy, not duty, you'll stick with them—not just in health, but across all life's challenges.

- ✓ **Compassion for Effective Communication**
Learn how to show compassion at work to boost satisfaction, spark creativity, and shift our approach from judgment to empathy and open-minded curiosity.



- ✓ **The Power of Knowing Your Emotions**
Understanding your emotions is key to becoming a better leader. It sharpens communication, boosts efficiency, and cuts stress. Learn the top things you can do to becoming a better leader in and out of work.



Client Testimonials

“Cathi was not just informative, she was charismatic and interesting to listen to. Would love to bring her back to expand on de-stressing, turning self compassion into compassion for others, and making healthy changes.”

Nicole Padgett

“Cathi has a natural ability to engage and motivate an audience as a speaker. She left our audience with actionable takeaways on what they can do to grow as a leader, individual and business owner.”

Amy Theisen

My Story

Leadership did not come naturally to me in my younger years. That time of my life was shadowed by insecurity and comfort eating. Despite being active in sports, I could not maintain a healthy weight. When I went to college, I knew it was time to make a change and start building a healthier, happier life.

I learned the emotional roots of my cravings and the value of mindful eating. I discovered I was craving sweets because I was sad and lonely. I paid more attention to serving sizes. I lost weight, and more importantly, I grew as a person.

I went on to earn my personal training certification in 2003. As a personal trainer and nutritionist, I helped thousands of clients lose weight and make healthy changes. In 2012, I worked at Optum Wellness and coached employees from giants like Best Buy and Wells Fargo. In 2014 I started my own business. Since then, I have been speaking and coaching groups and individuals on their mindset to create massive change. Through all my years in the wellness and personal development space I have observed that many of us know the steps to health, but stress and overwhelm often derail us. I help you take action, reclaim time, and lead with impact.



Social Media



Follow me on social media for insights on wellness and leadership. I engage with a community of leaders who are passionate about growth, strength, and fortitude.



For more, tune into the Healthy Happy Leadership podcast where I explore strategies for leading a fulfilling and balanced life—available on your favorite streaming services.

MOST VIEWED VIDEOS/PODCASTS

What is a Life Coach

The Power of Knowing Your Emotions

Prioritizing Your Goals

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WHO I WORK WITH

I am sought after by entrepreneurs and executives that are interested in personal growth, holistic health, and productivity. I often partner with companies to host lunch and learns, workshops, and retreats for employees.

WHAT YOU CAN EXPECT

As a speaker, workshop facilitator, or interview guest, I come prepared with thought provoking ideas and the ability to customize to my audience's needs. I will challenge your audience to create realistic positive changes in personal and professional growth.



GET IN TOUCH

Ready to book me for a keynote presentation, workshop, event, or another opportunity? I can't wait to connect with you, grow, and learn together. I am confident I will help you and your group start building happier, healthier lives.

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