

# Keynote Stress Overdraft

Stop draining yourself and build up an emotional savings for a happier tomorrow.

Think of your thoughts as the currency of stress, are you overspending or saving for a healthier tomorrow? In this eye-opening keynote, wellness expert Cathi Williams reveals how to avoid racking up "stress debt" and instead build an emotional reserve. Learn practical steps to curb mental overspending, reclaim your calm and invest in a stress-free future.

In this talk you will learn:



The Biological Response of Stress



The impact of your thoughts on stress.



How your actions are impacted by stress.

## Brands I've worked with:

HYATT®

LEXUS

Entrepreneurs' Organization

United Healthcare

## Cathi Williams

Cathi Williams is a wellness expert with over 20 years of experience in health and leadership. She is passionate about helping leaders prevent stress and develop the skills needed to thrive in demanding roles.

Cathi has spoken to organizations such as United Health Care and Hyatt Hotels' top customer conference, delivering actionable insights with clarity and impact. Outside of her work, Cathi enjoys time with her two active boys, competing as a triathlete, and exploring the world through travel.



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"The topic of stress management definitely resonated with our group. I learned how much is IN my control vs OUT and how to let go of the parts I can't control."

-Stacie Saunders- United Health Care