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Cathi Williams

LEADERSHIP COACH AND
KEYNOTE SPEAKER

MEDIA KIT

Hi, I'm Cathi!

LEADERSHIP COACH & KEYNOTE SPEAKER

As a leadership coach, keynote speaker, and workshop facilitator, I bring over 20 years of wellness expertise in stress management and emotional intelligence. I help organizations reduce the hidden costs of stress—like low productivity, poor communication, presenteeism, and turnover—by giving leaders and teams practical tools to recharge and reconnect. My approachable style and real-world stories create safe spaces for learning, growth, and lasting behavior change.

Specializing in stress awareness, emotional resilience, and communication, I tailor every presentation to the audience's real challenges. My signature keynote, Stress Overdraft, and interactive workshops teach leaders how to manage emotional energy, stay composed under pressure, and bring compassion back into the workplace. Whether helping executives restore focus, teams rebuild trust, or organizations strengthen culture, my sessions deliver practical strategies that help people feel better, work better, and lead better—especially when the pressure is high.



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SPEAKING TOPICS



Keynote:

- ✓ **Stress Overdraft: Stop draining yourself and build up an emotional savings so you can tackle any challenge.**
In today's high-pressure world, many people live on the brink of burnout. In this eye-opening keynote, wellness expert Cathi Williams reveals how to stop depleting your emotional reserves and reclaim your focus. Discover practical steps to tackle every challenge with renewed energy and clarity, empowering you to thrive no matter what comes your way.
- ✓ **Compassionate Leadership for Business Success**
Learn how compassion with clear expectations can boost job satisfaction, spark creativity, and shift your approach from judgment to empathy and open-minded curiosity. Nurture your leaders and inspiring your teams to collaborate more effectively with empathy and increase productivity.
- ✓ **Living Fully: Activate Peak Mental and Physical Health**
Whether your goals are focused on health or business, the key to overcoming obstacles is knowing how your thoughts and mindset get in the way. Learn to create effective process and strategy for creating success and satisfaction that is crucial not only for your physical fitness but your professional development.



Client Testimonials

“ The topic of stress management definitely resonate 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.

S. Saunders- United Health Care

“ 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 driven 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 why I was eating. I lost weight, and more importantly, I grew as a person. I was able to step into the person I needed to be to lead others and help other people create success in their professional and personal lives.

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 industry leaders such as 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 we get in our own way and hold back our own businesses creating excess stress and overwhelm in our lives. I help you take action, reclaim time, and lead with impact.



Workshops

As a leader, your physical and mental wellness supports your ability to manage stress, emotions, and expectations and directly impacts your effectiveness and your team's success. My workshops offer practical, real-world strategies designed to empower executives and leadership teams to enhance communication, boost productivity, and sustain overall well-being. These transformative sessions equip you to navigate challenges with clarity, confidence, and peak performance.

Popular Workshops

Burnout Prevention:

In this interactive workshop, you'll learn to audit your emotional and physiological spending and pinpoint the the micro and macro stressors that are draining your energy and limiting your potential. Unleash your brilliance as you learn to reset and recharge your battery. Gain actionable strategies, leaving with a personalized action plan to reduce burnout, delegate stress triggers, and build high-value habits that keep you energized and ready to tackle both professional challenges and personal demands.

"Cathi delivered a transformation workshop to EO (Entrepreneur Organization) members in Johannesburg. The members and I enjoyed her morning session and found the burnout practises to be especially valuable. Thank you so much for visiting our chapter! Highly recommend Cathi!"

-Marc Gregory-EO Johannesburg Learning Chair

"What an amazing talk aligned to the pursuit of the best version of myself. Such a well constructed workshop. Cathi provides such valuable insight and the tools that are so necessary to take charge of the emotional overspending and the role the inner voice plays in contributing towards burnout! Sensational session thats is suitable for every person anywhere and everywhere trying to live a more fulfilled life!!" -Jesse Lodge COO Bureau Group

Fearless Connection

True confidence is not about being louder or proving yourself. It is about knowing what is right and honoring both yourself and others for the greater good. Too often we get caught up in patterns of resentment, judgment, or power struggles that leave others feeling less than or devalued. Fearless Connection is about learning to step out of those cycles and communicate from a place of clarity and care which creates trust, alignment, and connection.

This workshop will help you strengthen relationships at home and at work by finding common ground, mastering hard conversations, and ensuring that everyone feels valued and respected.

"Cathi is a wonderful coach. She is direct, kind and insightful and really gets to the heart of the matter." -Regina Verdico Retreat Facilitator with Concious Connections



Social Media

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



For more, tune into my YouTube channel @HealthyHappyLeadership where I explore strategies for being the best version of yourself as a Happy Healthy Leader.

@HAPPYHEALTHYLEADERSHIP



WHO I WORK WITH



I work with organizations, executives, and leadership teams who are feeling the strain of stress, overwhelm, and disconnection in the workplace. Many of my clients face high turnover, low engagement, and teams that are physically present but mentally checked out. Companies invite me to speak at corporate events and facilitate workshops that help their leaders and teams reduce stress, improve communication, and rebuild the trust and energy needed to perform at their best.

WHAT YOU CAN EXPECT

I bring thought provoking ideas and practical tools that help audiences manage stress, strengthen communication, and lead with clarity. My sessions inspire meaningful reflection and lasting improvement in teamwork and leadership.



GET IN TOUCH

Wondering if I am the right fit for your group or event? I would love to learn more about your goals and explore how we can help your team reduce stress, boost productivity, and build a happier, healthier workplace.

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