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Cathi Williams

EXECUTIVE COACH AND
MOTIVATIONAL SPEAKER

MEDIA KIT

Hi, I'm Cathi!

EXECUTIVE COACH & MOTIVATIONAL SPEAKER

As an executive coach, keynote speaker, and workshop facilitator, I bring over 20 years of wellness expertise in stress management and emotional intelligence coaching. I empower individuals and organizations to boost confidence and mental strength by turning complex ideas into clear, actionable insights. My approachable style and personal stories inspire lasting growth and real change.

Specializing in psychological safety, stress reduction, time management, and personal development, I tailor my presentations to meet each audience's unique needs. Whether exploring how to live fully and activate peak mental and physical health, build confidence for productivity, master time management, or foster effective communication, my sessions deliver transformative strategies that empower you to thrive even when challenges arise.



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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.

Breaking Burnout: Stop Running on Empty and Accelerate Growth

In this interactive workshop, you'll learn to audit your emotional and physiological spending and pinpoint the hidden drains that are depleting your energy. Through provocative exercises, you'll uncover where you are depleting yourself emotionally and gain actionable strategies to stop overspending. You'll leave with a personalized action plan to reduce burnout, delegate stress triggers, and invest in high-value habits that keep you energized and ready for life's challenges.

Building Confidence for Productivity

Confidence is a skill, not a trait. Discover how to shift your mindset, eliminate self-doubt, and create habits that drive consistent success and high performance.

Mastering Time Management

Time is your most valuable resource. Learn strategies to eliminate distractions, set clear priorities, and create a system that allows you to be productive without feeling overwhelmed.

Effective Communication

Communication is more than words. This session teaches the skills of clear, direct, and empathetic communication that fosters trust, alignment, and collaboration in any professional setting.



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 leading a fulfilling and balanced life.

MOST VIEWED VIDEOS

- Following-through even when you don't feel like it
- Creating Happiness that Lasts
- Balancing Self-Care as a Parent
- The Positive Effect of Compassion in your Workplace

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WHO I WORK WITH

I am sought after by entrepreneurs and executives that are interested in stress management, personal growth, holistic health, and productivity. I often partner with companies for corporate events, workshops, and retreats for leadership teams.

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.



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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.

Cathi