

## 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.

In this talk you will learn:



Recognize your stress alerts.



Audit your emotional spending.



Build your emotional savings.

## Brands I've worked with:

HYATT®



## 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

