



www.happyhealthyleadership.com

Cathi Williams

LEADERSHIP 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 had the privilege of empowering countless individuals and business increase their confidence, mental strength to achieve their goals.

My approach is both professional and approachable, making complex concepts easy to understand and actionable for all audiences. I love engaging audiences through relatable anecdotes and captivating storytelling, leaving a lasting impression that inspires them to grow long after the event ends.

I am passionate about creating spaces to share, learn, and grow. I lead with heart, teaching groups to handle life's big moments. I specialize in topics such as leadership, personal development, and team empowerment, and tailor my presentations to meet the specific needs of each audience. Whether it's a keynote address, corporate event, or team workshop, I strive to deliver dynamic and transformative experiences that inspire positive change and drive success.



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SPEAKING TOPICS



- ✓ **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.
- ✓ **Lead Boldly: Unleash Your Leadership Potential**
Discover how to lead effectively through personal insights. Learn how mastering your emotions enhances decision making, sharpens communication and boosts efficiency. This empowering session will provide you with the tools to manage stress and lead with confidence and insight.
- ✓ **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

“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 why I was eating. 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 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.



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 YouTube Channel where I explore strategies for leading a fulfilling and balanced life.

MOST VIEWED VIDEOS

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 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