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"This past conference, Kathy delivered a session titled, "How to Be Healthy, Wealthy, and Wise in your Personal and Professional Life." This break-out session in particular received exceptional reviews from our attendees. We found Kathy to be a tremendous success as a speaker and advocate for women in business. Kathy and I spoke in-depth following the conference. I was impressed with how passionate she was about the conference, this topic, and more importantly -- offered suggestions on strategy and ideas that will help shape the conference for years to come.

My primary goal for this message is simply to let you know that if you ever need a speaker, resource, or advocate for women in your organization -- I HIGHLY recommend Kathy.

BRENT S. OPALL, PH.D. DIRECTOR | DIVERSITY & INCLUSION MBA PROGRAMS

Carlson School of Management, University of Minnesota

"I LOVED the Healthy, Wealthy and Wise session. Kathy was a high energy, no nonsense speaker who challenged us to ACT!"

"The "Healthy, Wealthy, Wise" session and speaker were OUTSTANDING and alone was worth the price of admission. She was dynamic and relevant, and the 6-cell exercise that everyone completed while she spoke made the content applicable to everyone in the room, and led to actions attendees can take once they leave."

"Healthy, Wealthy and Wise- Kathy was great-dynamic speaker. She listened."

"I just wanted to thank you again for leading the Healthy, Wealthy, and Wise session during the CSOM Women's Conference. It was the most relevant, actionable, and inspiring session of the day and I look forward to following your videos for additional inspiration. Your tips and perspective were refreshingly honest and I can't tell you how many "terminally unique" moments I've called myself on in the days since!"

JESSICA GOLDBURT, SENIOR FINANCIAL ANALYST – CUSTOMER LOGISTICS, GENERAL MILLS