



Cathy Laffan

Your partner to navigate or create the change you want to enrich your job, well-being, and life.

SPEAKER KIT

Why Cathy

Cathy's open, intuitive, and caring style offers people a safe place to explore the change they want to create and recognize what's holding them back. Everyone leaves her talks confident that they will take the first step towards change immediately.



What to expect

- Presentations will be professionally prepared and dynamically delivered, customized to focus on achieving the outcomes you want with your audience.
- Speeches will be customized to suit your theme.
- Hosted events will be fun and high energy, keeping the crowd engaged.
- A personal consultation prior to your event, so I can better understand how best to serve you and your audience.
- Prompt, professional replies to your phone calls and messages.



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About Cathy

Speaker & Motivator

Cathy is a sought after speaker and coach. Cathy's keynotes draw on her personal and professional experience as well as her passion for helping others create the change they want to enrich their career, well-being, and lives. Cathy inspires people to take that first (and often scary) step forward by believing in them and offering unconditional support for their growth.

Coach

Cathy is focused on her client's success. She listens, asks thought provoking questions, and draws out her client's own solutions. Her clients feel empowered, guided, supported and inspired.

Experience

Cathy is an International Coaching Federation, Associate Certified Coach. Cathy's intuition draws upon her personal and professional experiences as well as her coaching education.



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Testimonials

“Enables her audiences to find perspective and clarity.”

“Focused on others’ success.”

“Listens to her audiences concerns.”

“Changes lives.”

“Asks probing questions.”

“Challenges her audiences.”



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Popular Keynotes

Enrich Your Life

You want to shift from being driven by life's challenges to living intentionally in alignment with your values. You'll leave this program empowered to integrate the four keys to health & well-being into your busy life resulting in less stress, more energy, clearer thinking, and resilience to deal with life's challenges.



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Popular Keynotes

Caring for Caregivers

Caregivers will leave this session with a path forward to a more balanced, richer life. Caregivers have a tendency to give all of their energy and attention to their loved ones. Often this means they feel drained, sacrifice their own health and well-being, and struggle to balance caregiving with their other responsibilities.

Everyone leaves this session with the tools to take care of themselves too!



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Popular Keynotes

50+ Life & Work Style

This 50+ inspirational session is for mid-lifers who sense that it is time to make a change in their life and work-style! Are you less fulfilled with your current Life & Work Style than you were five or ten years ago? Do you feel compelled to go in a new direction? You will leave this session with a clearer vision, actionable plan, and tips to live your 50+ life on your terms.



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Talking Points

- Caregivers Self-Care
- Workplace Wellness
- Nutrition
- Physical Activity
- Sleep
- Resilience
- Self-Care
- Career Transition
- Life Transition
- Setting Boundaries



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To Book

- *All fees are negotiable* -
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