



# Catriese Johnson

**SPEAKER | AUTHOR | EDUCATOR | FOSTER CARE ADVOCATE**

*"The pain may not have been your fault  
but your healing is 100% your responsibility."*

**'I AM THE ONE I AM WAITING FOR'**

## Catriese Johnson

Catriese Johnson is driven by a persistent, genuine desire to help others live with life-defining meaning. As an empowerment speaker and personal growth mentor, she dedicates her time to enlightening, enriching, and igniting the fire of discovery within others. Rooted in the idea that we each possess a life-affirming purpose and have the power to unleash our own success, her simple yet bold message is one of determination & ownership: I AM THE ONE I AM WAITING FOR! There are no superheroes, only individuals willing to grow past their circumstances and hurdles to see their goals manifest into a successful reality.

This University of Missouri-Kansas City graduate understands the challenges that her clients are facing because she's personally endured many similar shifts. Overcoming her own seemingly insurmountable odds, Catriese empowers others with her story of determination, humor and indomitable spirit while challenging them to trust the process of change as they move towards a wholesome healing. Addressing a wide variety of audiences and individuals, she demonstrates how to transform trauma and hardship into personal growth. Whether she's impacting foster youth, foster care professionals and parents, or student groups, women's groups, and churches, Catriese brings her characteristic transparency, energy and enthusiasm into every experience!

Catriese Inspires exists to Ignite, Enrich, Enlighten, and Empower with an impactful message of perseverance and endurance. Catriese Inspires defines as a core mission to ignite an urgency about your PASSION & PURPOSE.

'I Am The One I Am Waiting For' is about taking accountability for YOUR life. Will you answer the call today? Order your copy and rediscover YOU!



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## CATRIESE INSPIRES AUDIENCES:

- Current & Former Foster Youth
- Foster Parents/Caseworkers
- Teachers & Policy makers
- At-risk students

## CATRIESE INSPIRES SEMINARS:

- Self Care: It's Not Selfish. It's Self-Respect
- Unleash Your Vision – Vision Board Experience
- Life After The Foster Home
- Self Image: Exploring Your Inner Mirror
- Self-Sabotage: Who's Really Hurting You?
- Purpose Is Why You're Here!
- Customer Service: Creating An Exceptional Experience

## CATRIESE INSPIRES MENTORING:

Catriese Inspires launched the Girl's Empowerment Mentoring (GEM) program which seeks to address an array of issues young ladies face in day-to-day life. This program was piloted in a local alternative school for students who have been dismissed due to behavioral concerns from public school. GEM exists as a light to students enduring the harsh rigors of home life as they pursue academic success. GEM delivers a relevant message to students which builds rapport quickly and challenges as well as connects attendees to other needed services.

GEM, "You Are Invaluable"



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