

# Jump Into Life!

Workshops & Writings That Pump Up Your Energy, Creativity & Joy

**Kathie Hightower**  
Author • Speaker



## Workshops, Keynotes, Retreats, & Writings

### Workshop Titles

- ★ Jump Into Life! Pump Up Your Energy, Creativity & Joy
- ★ Look for the Color™ – Creativity Tips, Tools, & Techniques
- ★ Jump Up & Down! Energize Yourself & Your Environment
- ★ Reinvent Your Life to Reinvigorate Your Career

### Benefits to You!

- You will learn to:
- ★ Pump up your daily energy and enthusiasm at work and in your life
  - ★ Jumpstart your creativity – learn to really think outside that box
  - ★ Add joy to life and to work
  - ★ Reduce your daily stress and your reaction to stress and challenges

Audiences will laugh, learn, and leave impressed with what they can do to add energy, creativity, and delight to their own lives. They'll take away tips and tools to apply immediately.

Kathie provides articles, an Ezine, and email access for ongoing inspiration, resources, and answers to specific questions.

“I loved the fact that she gave us how-to's as well as reference books!”

## Rave Reviews

- ★ “Thanks for bringing your concepts down into a realistic practice. I look forward to revitalizing my life – step by step.”
- ★ “I came away with great new tools and lots of enthusiasm!”
- ★ “I've been meandering down a stream aimlessly. You've started me thinking about taking charge of my life!”

“A ‘just right’ mix of serious and humor! She speaks with expression and life.”

## About Kathie

Kathie admits to being a recovering pessimist, perfectionist, procrastinator, and a way-too-serious professional. She learned that work and life can be creative, fulfilling, and productive when she makes conscious choices to change her thoughts and actions. She enjoys sharing that message with audiences nationally and internationally.

Kathie is the author of Simple Joys: Little Things That Make a BIG Difference, regular Life Skills columnist, and frequent contributor to publications worldwide.

“I am told that my greatest strength and gift is connecting people with a ‘Yes, I CAN do it!’ attitude and with the resources and contacts they need to achieve their goals.”

Kathie Hightower



H I G H T O W E R R E S O U R C E S



## Partial List of Clients

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- ★ Certified Nursing Assistants
- ★ Child Development Directors
- ★ County Staff & Supervisors
- ★ Credit Union League
- ★ Department of Health & Social Services
- ★ Drug & Alcohol Counselors
- ★ Federal Executive Women
- ★ Glamour Magazine
- ★ International Association of Administrative Professionals
- ★ Meeting Professionals International
- ★ Society of Association Executives
- ★ University of Alaska
- ★ Clemson University
- ★ NC State University
- ★ City University
- ★ U.S. Air Force
- ★ U.S. Army
- ★ U.S. Navy
- ★ YMCA Women's Retreat



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“ We couldn't have asked for a better response to your keynote. You've been a joy to work with – professional, helpful, and flexible! ”

## Credentials

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- ★ Corporate Personnel Manager – Container Corporation of America
- ★ Pharmaceutical Sales Representative – Procter and Gamble
- ★ Advertising Agency Account Executive– SAB Associates
- ★ Conference Coordinator – Clemson University
- ★ Lieutenant Colonel – U.S. Army Reserve
- ★ Phi Beta Kappa Graduate – University of Virginia

“ From a program manager's point of view, you make my job easy. ”



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Creativity & Joy

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