



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

Kathie Hightower, Author & Speaker

Participant Comments:

“Invigorating! Thanks for the much needed boost of energy!”

“Full of data and able to deliver it in small condensed spoonfuls rather than overwhelming ladelsful! Her research of materials is evident.”

“Session was well balanced with facts, stories and humor. Thoroughly enjoyable.”

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

“Great energy — powerful message.”

“Very motivating! Makes you not want to be a couch potato.”

“You did a terrific job — it was worth giving up sunshine and weekend sleep!!”

“Great!! Off the chart for fun & inspiration.”

“Thanks for bringing your concepts down into a realistic practice. I look forward to revitalizing my life... step by step.”

“Very good — not syrupy — practically creatively helpful.”

“Anyone who can energize folks at 7:15 in the AM is really really good!”

And my personal favorites:

“I was afraid of some over-enthusiastic presenter who could be hard to tolerate! But you seem normal. Very good to hear that you too need to keep your attitude up with inspirational reading, tapes, etc.”

“Wonderful ‘real person’ presentation.”

“She makes people feel great and valuable.”



Client Comments:

Wow! the class was great. Training Services received excellent reviews and the consensus is, they want you back!

— Sally Coppinger, Asst. Training Coordinator, Kitsap County

Your program was packed with solid, practical, and motivating information, and you presented it in such a wonderfully compelling and entertaining way! It was just what our attendees needed to hear.

— Donna Cameron, Exec.Dir., Washington Society of Association Executives

Your presentation was insightful, relevant and completely enjoyable. You added a needed touch of fun and excitement to our event and I know everyone left with a life management tip that will not be forgotten in the future. Your overall presentation style and dynamic delivery of information engaged the audience and lifted spirits.

— Jill Meenaghan, Merchandising Editor, Glamour Magazine

The event infused new energy and enthusiasm into the recruiting force which is evidenced by increased activity, more creative thinking and problem solving and higher commitment to mission accomplishment. This is just the result I was hoping we would achieve.

— COL Raymond Rasmussen II, 4th Region ROTC, US Army

We couldn't have asked for a better response to your keynote. When the 270 women who attended were asked "What did you like most about the conference?," an unusually large number listed your session. Considering we got good evaluations on all 11 speakers, that says a lot! You've been a JOY to work with — professional, helpful and flexible.

— Helena C. Douglas, Clemson University

Kathie is an exceptional presenter. Her delivery is dynamic and motivating and her material interesting and practical. Feedback from participants has been exceptional.

— Heather Reekie, Family Advocacy Program Mgr, US Army

Partial Client List:

- American Business Women's Association (ABWA)
- Certified Nursing Assistants/Skilled Nurses & Skilled Nursing Administrators
- Child Development Directors/Worldwide Conference
- Clemson University's Professional Development for Women conferences(DC, Seattle, Sacramento, Portland, Chicago)
- Credit Union League
- Department of Health and Social Services
- Drug and Alcohol Counselors
- Federal Executive Women
- Girl Scout Executive Staff
- Glamour Magazine (Conde Nast Publications Inc.)
- Home Health, Hospice and Home Care Association
- International Association of Administrative Professionals
- Meeting Professionals International
- NC State University Women's Search for "Meaning in the Workplace" Conference
- Pierce County/Kitsap County Staff
- Printers Association
- Society of Association Executives
- University of Alaska Staff
- U.S. Air Force, U.S. Army, U.S. Navy (Spouse programs, including two multiple series of 8-16 programs each in Germany, as well as programs for office staffs)
- YMCA Womens Retreat Weekend

Topic Summaries:

Jump Into Life! Pump Up Your Energy, Creativity & Joy

Research shows that 80% of workers go home from work on Friday exhausted. What's sadder is that 81% go back to work on Monday exhausted. You can't be at your best — at work or at home — if you have no energy. It's hard to get excited about things — and difficult to be innovative — if you are dragging through the day. Learn the little and big things you can do to increase your energy, enthusiasm & creativity. Here's how.

Reinvent Your Life to Reinvigorate Your Career

Sometimes we need to look outside our work — as well as how we approach that work — to discover new energy and enthusiasm for what we do. Learn how to make conscious choices and create a new vision for your life to revitalize your life. Making new choices, taking new actions, doing things a little differently just might make the difference between burning out or standing out in your field.

Take the Dare: Risk-taking Reaps Rewards

Everyone thinks that because I'm in the Army Reserve I'm one of those gung-ho, brave risk-takers. Wrong. I'm a chicken about a lot of things. But I've learned that the juice of life is often in a place outside my comfort zone. So I've learned how to take planned risks. I'm not talking about bungee-jumping or white-water kayaking here. I'm talking about risks that stretch you to where you want to go — personally and professionally. I'll share tricks and tools that work.

Look for the Color™: Creativity Tips, Tools & Techniques

One key skill that companies look for today is creativity. Besides, being creative makes life more fun in all areas, not just work. So, what if you aren't creative? Or what if you feel like you've hit a block of some sort? Learn about the latest brain research on creativity — what works and what doesn't. You'll learn lots of different tips, tools and techniques — and have fun doing it.

Jump Up & Down! Energize Yourself & Your Environment

You know that stress causes illness, reduces productivity, and certainly depletes your energy. We'll look at stressors, but the approach here is "what can I do to increase my energy?" From simple and quick to the more challenging and longterm, you'll walk away with lots of ideas. You'll get to test-run a bunch of them today. Get ready to get ENERGIZED!

Don't Just Set It — Get It!: Goal Achieving Tips, Tools & Techniques

Setting goals is one thing. Moving forward is another. Of course, setting the goal is a good start. Let's look at different ways to go about that — since we are all such different people. And then learn lots of ideas that will help you move forward towards those goals. You'll learn from Hang Gliders, Romance Novelists, Cartoonists and Corporate Tycoons — and, oh yes, from yourself.

Learn to Say No: Adding Pause, Reflection & Focus to Life

“Women too often respond ‘yes’ or ‘no’ to demands by checking whether their calendar is free. Women need to start checking with their own goals to see if the request fits in.” — Jackie Farley, Ceo, CenterPoint

This applies to everyone — men and women. Our lives have taken on the speed of technology, amazingly unlimited opportunity, and “too muchness!” It’s time to step back and put life back into our lives. That includes pause, reflection and focus. Learn to make conscious choices to say no when necessary. And, yes, sometimes that even means saying no to opportunity. (And yes, sometimes that means saying no to your boss — learn how to make him/her thank you for it.)

“Do I have a GREAT Resource/Contact for You!”: Win/Win Networking

Do you ever walk away from a conference or meeting with your questions unanswered? This kickoff session starts your conference, meeting or even social function off with a bang. You’ll learn a tool to help you effectively network in all situations. Start the energy of your meeting out on high — help your attendees get what they need out of the conference — help your employees, members or volunteers to interact more effectively on an ongoing basis. Here’s how.

Joyful Living — At Any Age! How to Add More Energy, Fun & Focus to Life

(an alternate title is: Jump Into Life! At Any Age!)

You might be amazed at how much research exists on what makes us happy and joy-full in life. Join us to learn what research results most apply to you.

You’ll learn:

- The little, daily shifts you can make to increase your joy. Starting today!
- How to pursue your passion no matter your age or circumstances.
- How to increase your daily energy so you feel excited about life.

Many of us have forgotten how to have joy in our lives on a daily basis. We are overwhelmed by the maintenance of daily life — and in many cases by our own limited expectations. Join us for a fun interactive session. You’ll learn little and big things you can do to increase your energy and enthusiasm and joy.

Revitalize your life — no matter what age. These tips will work whether you are in your 20’s or in your 80’s...in between or beyond. Jump IN!

About Kathie:

Kathie learned to be creative, and to develop effective time, energy and stress management skills, in order to succeed and enjoy a life involving constant change and frequent moves. A military spouse of 20+ years with 19 moves under her belt, Kathie knows how to embrace change as opportunity. She enjoys helping audience members do the same.

An Army Reservist and recently-retired Lieutenant Colonel, Kathie had annual duty at the Pentagon and frequent assignments writing speeches used Army-wide. She learned how to keep her own stress level down in high-stress situations, how to balance her full-time job and demands of reserve duty with family life, and how to creatively adapt to new situations. She shares what works.

Author of *Simple Joys: Little Things That Make a BIG Difference*, regular Life Skills columnist, and frequent contributor to publications worldwide, Kathie does intensive, ongoing research for her writing and her seminars.

Kathie says: "People tell me that my greatest strength & gift is to connect you with the resources and contacts you need to achieve your goals as well as the feeling that 'Yes, I CAN do it!'"

Kathie has worked as a Corporate Personnel Manager for a Fortune 500 company, as a Pharmaceutical Sales Representative with Proctor & Gamble, as an Advertising Agency Account Executive with SAB Associates Advertising, and as a Conference Coordinator. A speaker and writer since 1990, Kathie is a member of the National Speakers Association and the International Women's Writing Guild. Her positions have all required a high level of creativity. She's done extensive research on how to increase that level — and enjoys sharing techniques and resources.

Kathie admits to being a recovering pessimist, perfectionist, procrastinator, and way-too-serious professional. She learned how to make work and life creative, fulfilling, and productive by making conscious choices to change her attitudes and actions. She shares that message with her audiences, giving them the tools to change.

Kathie's Philosophy: "Live your life the way you will have wished you lived it. Make conscious choices. Start today!"

Let me be a resource...

...for you:

My goal is to be a valuable resource to my clients. Whether or not my workshops are appropriate for your current needs, I might be able to help you in other ways — and they are FREE!

- **Articles for your organization's publication**

I've been an editor. I know how hard it is to fill all the space as deadline approaches. I have a number of articles that might fit your needs. Many of them address the topics I speak on — Life Balance, Energy and Stress Management, Creativity. If you are interested, check out my articles on my website to see what might fit your needs. I'm working on shorter versions as well for use in ezines and newsletters. I can provide the articles as hardcopy or by email. All I ask is that you include my brief contact information and that you provide me a copy of the publication.

Note: Some clients like to use one article per month to fax to their employees for ongoing inspiration.

- **Speaker/Trainer Referrals**

I've been coordinating Women's Conferences for ten years across the country. I have worked with many different speakers. If my topics or timing don't fit your needs, I can most likely recommend speakers who do. I can tell you who gets great evals AND is great to work with. I don't get a commission so I am very objective in my referrals.

...for the participants:

My goal is to be an ongoing resource to my workshop participants.

- **Email access for Questions/Requests:**

I always offer my email address so that participants can email me with ongoing questions. I enjoy providing information, resources & contacts.

- **Free Email Newsletter:**

For those participants who are interested, I offer a free email newsletter for ongoing inspiration, resources and useful tips submitted by participant