



"Stop! And listen to Catherine Peters! I recently attended Catherine's virtual workshop on burnout. She was funny, witty and concise. In a brief time, she provided me with a five-step strategy to help alleviate burnout, to make me more productive in my business and personal life. An investment in Catherine is money well spent!"

- Ed Tate, CSP - Certified Speaking Professional and World Champion of Public Speaking

Healing Burnout & Leveling Up Energy One Audience at a Time

ABOUT CAT

Catherine Peters (aka Cat the Coach) is a Burnout Expert & Performance Coach who learned the hard way the impact of sustained burnout. Cat spent decades on the hamster wheel as a high-achieving professional who started multiple successful businesses, until a breast cancer diagnosis changed the trajectory of her life, forcing her to learn how to create results without burnout. She now uses her hard-won knowledge to help burnt crispy professionals beat stress, heal burnout, crush their goals & loves their lives.

Cat is an award-winning international keynote speaker who educates and inspires her audiences on how to level up their energy so they can level up their lives. Her inspirational keynotes and interactive workshops are fun and informative, and provide actionable solutions that leave audiences feeling empowered and energized.

Catherine lives in Denver, Colorado with her amazing husband, two wayward mutts, three cannibalistic goldfish and a cat that drools. When she's not entertaining and inspiring audiences, she's beating back the pet hair that threatens to overtake her home and her sanity.



KEYNOTES & PROGRAMS

- Level Up
- How to Beat Burnout & Love Your Life Again
- Effective Communication in a Post Pandemic Era
- Energy Leadership Training
- Sleep for Success
- The Untapped Power of the Nap
- Why Wellness Isn't Working

WHAT ATTENDEES ARE SAYING

I was blessed to see Cat speak at the COCPA Women's Summit this year. She captured the audience's attention brilliantly with her real life stories, emotions, and examples. SO POWERFUL. You won't regret having Cat speak at your next event!

- Amanda "Jo" Erven, CPA, CIA, CFA, CTQA
Audit. Consulting. Education. LLC

"Cat just has this energy that lights up the room and really inspires you. I came away feeling a renewed sense of hope, and that was something I hadn't felt in a long time."

- Christine Fenner
Senior Vice President, Human Resources, NCM

"Cat has a way of sharing really important messages with people and breaking them down in a way that's easy to apply in your own life."

- Hailey Sorensen
Designer, Photographer, Entrepreneur

Tired of herding cats?

If you're a meeting professional, event organizer or wellness manager, you have enough on your plate. The last thing you need is to worry about chasing down presentations, A/V requirements, etc., for your speakers. Before becoming a coach and professional speaker, I spent 26 years as a meeting planner. So I get it.

You want a memorable, unique experience for your attendees as well as a smooth booking and planning experience for you and your team.

What if it were truly just... easy?

I've been there. That's why I make it MY job to make YOUR job easier.

So you can proof room lists, print badges, sign event orders, maybe build a new meeting room or two while graciously handling 1,001 last-minute changes.

You know, the regular.



Want to Level Up Your Team?

Burnout and stress are at all-time highs in the workplace. Just like people, teams and organizations can also experience burnout. Why is this important?

- Burnout is cited as the #2 reason for employees leaving their jobs.
- Attracting and keeping the best talent requires providing workers with opportunities for growth.
- Happier employees are more likely to emerge as leaders, earn higher scores on performance evaluations, and tend to be better teammates.

Contact
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Imagine being provided with a framework that could reduce stress, heal burnout, improve communication, and create a more effective, productive and happier workplace. Energy Leadership is one of the most powerful leadership development tools available today. The Energy Leadership Index Assessment is one of the top ten business assessments as ranked by Forbes. Energy Leadership training has proven incredibly effective in increasing levels of:

- Emotional Intelligence
- Dynamic Communication
- Influencing and Engaging Others
- Problem Solving
- Productivity and Decision Making
- High Energy Relationships
- Health and Wellness
- Time Management and Balance



.... and that means a happier, more effective team with LESS BURNOUT!!!