

CATHI WILLIAMS

Helping Busy Professionals Ignite
Their Vitality at Work AND at Home!



Need to jumpstart your annual conference or corporate event with a dynamic presenter or inspire your employees into action on their personal wellness? Cathi Williams is the speaker for you! Her presentations are designed to motivate audiences to make the changes needed for fuller, more enriched lives, which lead to better job performance and personal happiness.

MOST POPULAR PRESENTATIONS

6 Secrets to Staying Healthy While You Travel

Imagine staying energized and healthy while traveling. It may seem like you're living out of a suitcase as you rack up the frequent flyer miles, but you CAN maintain or improve your health on the go. This interactive talk shows you how. Attendees will get proven strategies for achieving health success on the road.

Find Your Hidden Energy and Double It!

What would you be able to accomplish if you had twice the energy? How productive would you be? Whether you're a self-proclaimed couch potato or active but in need of an extra spark, this engaging presentation will help you discover your hidden energy and ways to double it.

The Wellness Side of Work/Life Balance

Everybody is busy and most people "wear many hats." The key is finding a happy medium known as work/life balance. While trying to juggle the balance, we often forget about our health. In this talk, discover ways to enhance your vitality and boost your energy while you're busy.

All presentations can be customized as keynotes, workshops, or conference breakout sessions.

"Cathi's personal story was very inspiring! She provided several practical and easy to implement tips on how to get started on the journey towards a better and healthier lifestyle!"

- Alona Rindal, Co-Chair of Minnesota Women Lawyers Professional Parents Group



Book Cathi to Speak!

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About Cathi

NUTRITION AND WELLNESS SPEAKER | MASTER TRANSFORMATIONAL COACH

As CEO and Chief Igniter at Ignite Your Vitality, Cathi Williams inspires busy professionals to live healthier, more vibrant lives.

A highly sought after speaker, Cathi is known for captivating audiences with her personal and relatable health and wellness journey, including her previous challenges with weight. She shares self discovery secrets and success strategies that can be implemented right away.

Cathi draws on more than ten years of experience as a personal trainer and expertise from being a wellness coach at America's largest health insurer, United Health Care.

As a certified master transformational coach, Cathi is a change agent and coaches individuals and groups on healing from the inside out. During her powerful talks, she often encourages healing and growth and offers practical healthy living solutions.

Audiences walk away empowered to take action and live better, healthier lives.

“When you FEEL YOUR BEST, you can be your best self and DO YOUR BEST work.”

- Cathi Williams

“I really liked the presentation, but I knew I would. I sensed that she had some good information to share and she did! I’ve always known I needed to drink more water, but Cathi gave me a lot more reasons that I wasn’t even aware of. And she shared quick things I can do while traveling on the road [and still be healthy.]”

- Laurie Baldrige, Director of Global Accounts Hyatt Hotels Corporation



“Our employees absolutely loved Cathi Williams and the Ignite Your Vitality wellness programs. She’s a fantastic coach and resource who is able to guide people into becoming their healthiest selves. I’d 100% recommend Cathi to any company who is looking to engage their employees in positive wellness and increased productivity.”

- Tom Mayer, Founder, Direct Benefits

PAST AUDIENCES

(a partial list)

- Ceridian
- Direct Benefits
- Exhibit Partners
- Hyatt
- Minnesota Women Lawyers Inc.
- North Metro Chamber of Commerce



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Hire Cathi to Speak at Your Next Event! Email: coach@igniteyourvitality.com