



## KATHY Parry

Corporate Energy Expert

Kathy Parry works with professional and financial services organizations that want to energize employees in order to BOOST PERFORMANCE, INCREASE RETENTION and IMPROVE STAFF UTILIZATION.

Audiences rave about Kathy's humorous, yet inspirational speaking style. A recognized authority in personal energy and productivity, Kathy uses her passion to ignite positive changes for professional services leaders and early-career associates. Prior to launching her own business Kathy was a trainer for a super-regional bank on their merger and acquisition team. Travel throughout the south implementing training for merger-acquired operations facilities, Kathy developed her own protocol for staying energized and productive on the road.

But it was Kathy's fourth child who taught her the most about energy. Merritt Joy was diagnosed with a mitochondrial disease. Her cells did not properly turn food into energy. Kathy spent the next several years becoming an expert in cellular function and received her *Certification in Plant Based Nutrition* from T.Colin Campbell Program at eCornell University. She makes the science of energy engaging and audiences leave her sessions with an action list to power-up their own lives. Her journey with her daughter and subsequent research on resiliency have led Kathy to author her next book, *The Resilient Leader*. (due for publication late 2017)

Kathy also holds degrees in Business and Food Management from Miami University and a coaching certification from WellCoaches. Ms. Parry is a professional member of The National Speakers Association and has authored three books: *The Ultimate Recipe for an Energetic Life and Hung Over, Sleep-Deprived, Over-Caffeinated and Living on Pizza* and *Eating for Energy: Four Seasons of Real Food*. Kathy lives in Pittsburgh, PA. She enjoys a mild dark chocolate addiction and cooking for her hungry friends.

