



KATHY Parry

Corporate Energy Expert

I empower maxed-out professionals with tools to fuel their life for ultimate career success!

Kathy Parry speaks to professional services companies, including consulting, banking and accounting, who want to energize employees in order to improve retention, staff utilization and productivity.

“Wow! Just wow! It was an extreme pleasure to have Kathy speak to our group about how we could lead more energetic and productive lives. We had seven personal improvement sessions and Kathy’s was rated the top out of our seven programs. I still have people, from the most Senior to the most Junior, come up to me and say that they made changes to better their lives as a result of Kathy’s speech. Her speech was highly impactful and would 100 percent recommend her to anyone looking to help their people lead better lives.”

Rishi Mittal
Strategy & Operations
Deloitte Consulting LLP

“Kathy did an exceptional job for me at Thermo Fisher. She presented to over 100 employees in a way which was entertaining and educational. I received compliments about the session from many of the attendees.”

Mark Zacur
Vice President and General Manager
at Thermo Fisher Scientific

PROGRAMS

Ignite THE PRO ADVANTAGE: Productive | Resilient | Optimized

- Boost engagement at all levels in your organization by developing a **PRODUCTIVE** Culture
- Supercharge your professional service leaders to keep them **RESILIENT** during high-stress periods
- Consistently increase employee utilization and **OPTIMIZE** teams to have a positive impact on bottom line

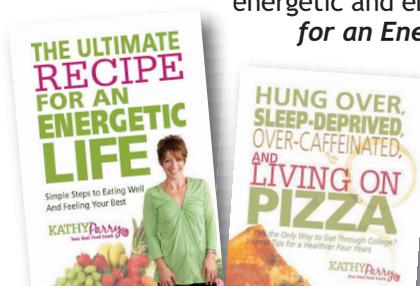
The Road Warriors Guide to Curbing Exhaustion

- Boost the quality of your professionals’ travel experiences so they arrive at clients energized and engaged
- Sell more services trusting that your personnel are able to engage and perform on the road
- Position your company as a leader in people performance and enhance the client experience
- Help team members maximize effectiveness by teaching resiliency tips

Stressed out, Burned out and Living on Take out: Rise Above Early-Career Exhaustion

- Increase emotional and functional well-being of new recruits in order to improve retention
- Attract better and more qualified candidates by demonstrating a commitment to work-life integration
- Equip early-career professionals to cope with increased demands of more senior positions

Kathy Parry is a nationally-acclaimed corporate energy expert known for her high-impact, high-energy presentations that are peppered with humor and real-life stories. She is the “go-to” person for motivating and inspiring individuals to be their personal best. Kathy is the author of three books on living an energetic and engage life, including: *The Ultimate Recipe for an Energetic Life* and *Hung-Over, Sleep-Deprived, Over-Caffeinated and Living on Pizza*.



TO BOOK KATHY NOW

4 12.427.1137 • Kathy@KathyParry.com • www.KathyParry.com

Choosing a Speaker is AN IMPORTANT DECISION

KATHY Parry
Corporate Energy Expert

Your audience will thank you for choosing Kathy Parry!



“We were fortunate to have Kathy present “The Secret to Ultimate Energy” at the DICK’S Sporting Goods corporate headquarters. Kathy’s message was passionate, informative, and engaging. I am confident that a number of employees made significant changes to their lifestyle based on her coaching. I highly recommend her!”

Kristen Lane
Manager, Employee Wellness
Dick’s Sporting Goods
Corporate Headquarters

Five Reasons Why Meeting and Convention Planners Love Booking Kathy Parry

- 1. Experienced Speaker:** Kathy has given hundreds of keynotes and workshops for corporate clients, associations and professional organizations.
- 2. Fascinating Facts:** By keeping up to date on the most current nutrition, health and engagement related topics, Kathy keeps audiences enthralled with information.
- 3. Fun and Humorous:** Kathy is relaxed and shares humorous stories from her family life and her career in financial services industry. She is spontaneous and feeds off the audience to keep everyone engaged..
- 4. Real and Authentic:** You’ll hear the good and the bad habits that Kathy has experienced on her own journey to reduce stress and increase energy. (And yes, dark chocolate is involved.)
- 5. A Powerful Coach:** Kathy uses coaching techniques to inspire her audiences to make immediate changes.



“Thank you for your recent session at Braskem. Your visit and seminar were just awesome! Period!”

Jeff Salek, PhD, Braskem America

TO BOOK KATHY NOW

4 12.427.1137 • Kathy@KathyParry.com • www.KathyParry.com

Trusted by clients such as these:

