

Kris Cavanaugh

THE C.E.O. CATALYST

MEMBER
NSA



Kris' presentations are fast-moving, informative, enjoyable and entertaining. Kris has a wonderful ability to modify each talk for the particular audience. She presents a series of great ideas and strategies with a rare combination of fact, humor, insights and practical concepts that audience members can apply immediately to get better results.

Testimonies and Recommendations include:

"On behalf of the U. S. Small Business Administration, I would like to thank you for agreeing to participate as one of the instructors for the "WNET Roundtable." The vast majority of attendees gave the workshop an "Excellent" rating which is the highest rating possible. You presented the topic of discussion in a very profound manner. The information imparted to the participants was well received. They are more knowledgeable about cultivating a CEO mindset in every area of their businesses, careers and personal lives. You played a major role in making the workshop a successful event."

- **Charlotte Johnson, Business Development Specialist, U.S. Small Business Association**

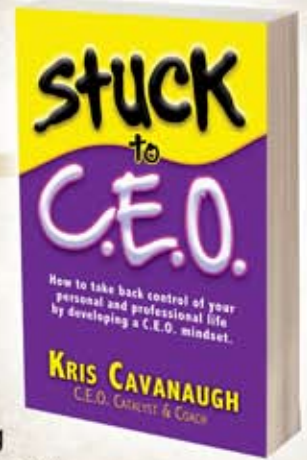
"We invited Kris to participate in our Annual Staff Meeting to present on the topic of "Stress and Time Management." Leading up to the presentation - during the planning process - she communicated well. Her delivery was excellent and she communicated well with our team. After Kris' presentation many of our team members came to me affirming the value they found in the training. She was well prepared for her presentation, yet exhibited flexibility to meet the needs of the audience. Her presentation was interactive. She asked great questions, listened well, and provided insightful practices for dealing with stress and improving time management." - **Jack W. Bruce Jr., C.E.O., BIS Benefits**

"Kris Cavanaugh provided insightful and helpful coaching for my team members. Her ability to immediately connect to everyone made the presentation very easy to follow and interact. She elicited feedback and dialogue which made the time go almost too fast! My team members have all given me feedback that she gave them new tips on managing stress and time. It was said that they would immediately implement the tools provided during Kris's talk with us. Many have asked to have Kris speak to their direct reports. I would recommend Kris Cavanaugh to any group looking to grow and improve immediately. She will help anyone achieve the business and personal goals they have set for themselves."

- **Pam Hale, former Regional Director, Banfield Pet Hospital**

Kris Cavanaugh, owner of Shift™, is a speaker, author, and coach who specializes in helping others cultivate a C.E.O. mindset in every area of their life so their businesses, careers, and personal lives thrive. She is an expert strategist with an amazing ability to pull her clients through difficult challenges to obtain the life they truly want personally and professionally. If you have a desire to live your life "on purpose" so you wake up every day excited about the possibilities and maintain an unwavering belief that you will overcome any obstacles to achieve your personal and professional goals more easily and consistently Kris would be a wonderful resource for you to connect with to make that happen. To receive Kris' complimentary Ezine, C.E.O. Shift, full of information and resources to achieve a thriving life and business, click on her website at www.begintoshift.com.

HERE ARE JUST SOME OF THE TOPICS COVERED IN KRIS' PRESENTATIONS:



SHIFT-ing to "C.E.O. of Your Life"

Based on her new book, "Stuck to C.E.O." available on Amazon.com

Over the last two years the Recession has impacted Americans in a number of ways: Jobs have been lost; finances have been sparse, and life "as usual" seems to have changed. But what is truly interesting is HOW people are dealing with the Recession. Achieving a successful life (personally and professionally) in any economic situation is possible by managing your life in the same way a C.E.O. manages a corporation.

By the end of this presentation participants will:

1. Determine which Quality of Life level they are experiencing today.
2. Learn what it means to be a "C.E.O. of Your Life"
3. Discover the 4 things that will happen when they become C.E.O. of their lives which will significantly help them to enjoy their career and personal life more consistently.
4. Understand the 5 steps to achieving a Thriving Quality of Life in every life area.

Stress & Time Management - It's Not What You Think!



Most people think stress management equates to eliminating all stress from their lives, and that time management means being in control of every second of their day. Both of those perceptions are completely inaccurate. During this two-three hour presentation (depending audience participation), I will explain what stress and time management actually means and go into detail about how to effectively enhance their stress and time management skills.

10 Essential Qualities of a Leader



There are many types of leaders in the world, but their effectiveness relies heavily on how they are perceived by everyone around them. To successfully manage teams and run the companies or divisions they are in charge of, leaders need to develop 10 essential qualities. During this presentation, I give an overview of each essential quality and encourage an interactive dialogue with the audience to discuss why these qualities are important and how they see them being utilized at both at work and at home.

Hire Kris Cavanaugh as your Keynote Speaker or Workshop Facilitator for a monthly luncheon, corporate/non-profit event, employee training meeting, trade show, association program, college/high-school program and more!

***For more information and to schedule based on availability please contact:
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