



# CATHY NEWTON

KEYNOTE SPEAKER & AUTHOR

# *Living in full swing!*

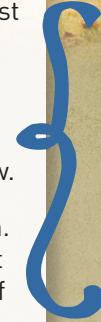
**CATHY NEWTON** is a keynote speaker and author who connects with audiences, prompting laughter and exploration as she engages them in her content. When she brings the information and strategies in her books “to life,” you can expect your audiences to:

- ▶ Be engaged in meaningful exercises and challenges.
- ▶ Benefit from stories, humor and spirit.
- ▶ Gain fresh insights and practical strategies for positive action.

A highly energetic and experienced performer, Cathy has continually captivated diverse audiences — from her college days as an NFL cheerleader to a myriad of groups as a professional educator to the past 20 years as a nationally sought after speaker. In her previous roles as teacher, athletic coach and wellness/employee assistance coordinator, she studied the concepts of risk, performance and energy extensively. Through her books, speaking and online learning courses, she encourages professionals to *Live in Full Swing*, while showing them how.

You choose the topics and format that will best serve your organization. Keynotes, workshops, executive retreats — all will be designed to meet your specific needs and goals. Take advantage of the proven benefits of engaging your people in any or all of the following:

- ▶ **CHANGE MANAGEMENT**  
Flip change resistance into a change-ready mindset.
- ▶ **TEAMBUILDING**  
Get great results in building social capital and influence.
- ▶ **WORK/LIFE BALANCE**  
Keep your cool, cope with stress and claim your life balance.
- ▶ **LEADERSHIP**  
Perform up to par, positively influence others and maintain your integrity.
- ▶ **WELLNESS**  
Get back in the swing of your natural state of wellness.



*“Your keynote presentation for our Leadership Development Retreat was just plain fun, while providing insightful content, thoughtful comments and engaging activities.”*

**Sue Duncan, Director of Organizational Development, Lutheran Senior Services**

*“Cathy Newton is an engaging and highly motivating speaker. Her energy, enthusiasm, and extensive knowledge around change management has had a lasting impact.”*

**Kristen Lampert, HR Manager, Ziegler (Investment Banking)**

*“Your knowledge and expertise are impressive! We received comments like great inspiration, exceptional energy and dynamic! One evaluation said, “Cathy gave the very best conference presentation I have ever enjoyed.”*

**Renna Lemberis, Meeting Planner, Illinois Hospital Assn.**