

SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS



KATHY JAMES

BROADEN AWARENESS. BUILD RESILIENCE. BRIDGE HOPE.

Drawing from her own battles, Kathy passionately promotes mental health awareness, education and fosters resiliency, equipping her audience with the tools they need to cultivate inner strength and lead fulfilling lives.

Kathy has shared her story and insights globally for many well recognized platforms including TEDx, Community Now Magazine, Project Management Institute, and SPEAK Events, to name a few. In addition to speaking, Kathy is a celebrated memoir and resiliency author, a Certified QPR Suicide Prevention Instructor, and the CEO of She Shed Media Group, a firm that supports elevated heart centered leadership, increased audience engagement, and program improvement through training, advising, and the development of digital content and tools.

Succumbing to the violence, addiction, and mental abuse that surrounded her in childhood, Kathy started to follow a destructive trajectory. Yet, in the face of seemingly insurmountable odds, Kathy experienced a profound shift in perspective that set her on a course towards personal redemption and professional success. Transitioning from a place of struggle, Kathy emerged as a Corporate Trainer, Entrepreneur, Author and Public Speaker.

Residing in Virginia, Kathy's message of resilience extends beyond the United States as she shares globally. When she is not on stage, training, or writing, Kathy dedicates her time to her family and to young adult mentorship, embodying her motto: "If I can win my fight, with the odds stacked against me, so can you!"

Experience and Credentials

Kathy's journey from a challenging childhood to becoming a corporate technical trainer, entrepreneur, author, and public speaker is a testament to her resilience and determination. She has shared her story and insights for global platforms, including TEDx, Project Management Institute NC (PMI), SPEAK, and Community Now Magazine Canada. Her ability to captivate audiences, inspire change, and provide practical tools for personal and professional growth has made her a sought-after speaker.

Certified as a QPR Suicide Prevention Instructor and in Mental Health First Aid, Kathy equips individuals with the necessary skills to support those in crisis, fostering a community of care and understanding. Her leadership at She Shed Media Group further exemplifies her commitment to creating impactful content and programs that enhance leadership and engagement.

Presentation History

Kathy's presentation history is marked by her participation in esteemed events and platforms, including TEDx talks, Community Now Magazine Canada, and engagements with the Project Management Institute NC. Her presentations often focus on mental health awareness, resilience, and the power of personal transformation. Kathy's storytelling ability, combined with her practical insights, leaves a lasting impact on her audience, encouraging them to cultivate inner strength and lead fulfilling lives.

KATHY JAMES

TOPICS

RESILIENCE CHRONICLES: NAVIGATING CHALLENGES FOR PROFESSIONAL TRIUMPH

Embark on a transformative journey with Kathy James, an inspiring speaker whose life story unfolds as a powerful roadmap for triumph over adversity. In this engaging keynote, Kathy shares personal stories seamlessly woven into foundational building blocks for resilience. Attendees will be not just enthralled by her narrative but also equipped with practical strategies to navigate life's challenges, identifying five prevalent pitfalls that often impede resilience in the workplace and how to overcome them.

Kathy's narrative goes beyond inspiration, providing practical tools and insights for conquering adversity and fostering resilience in both personal and professional spheres. Ideal for events seeking a dynamic speaker on resilience, Kathy's talk promises to inspire, motivate, and leave audiences with a newfound perspective on building resilience.

Learning Objectives:

- Learn to recognize and overcome 5 pitfalls that hinder resilience in the workplace.
- Learn the transformative impact of reframing setbacks, fostering personal growth, and turning adversity into a catalyst for success.
- Discover the profound impact of fostering a supportive workplace environment and strategies for cultivating a strong professional entourage.

Key Takeaways:

- 1. Triumph over Adversity:** Kathy James shares her inspiring life story as a powerful roadmap for overcoming challenges. Her journey serves as a testament to resilience and provides a source of inspiration for others facing adversity.
- 2. Foundational Building Blocks for Resilience:** Kathy seamlessly weaves personal stories into foundational building blocks for resilience. Attendees will gain insights into practical strategies that form the basis for navigating life's challenges.
- 3. Identifying Resilience Impeding Pitfalls:** Kathy sheds light on five prevalent leadership pitfalls that can impede resilience in the workplace. Attendees will gain valuable insights into identifying and surmounting these challenges, ultimately bolstering their capacity to lead and navigate through obstacles with greater effectiveness.
- 4. Reframing Setbacks:** Learn the transformative impact of reframing setbacks and turning adversity into a catalyst for success. Kathy's insights provide a fresh perspective on viewing challenges as opportunities for personal and professional growth.

KATHY JAMES

TOPICS

MENTAL HEALTH/ SUICIDE PREVENTION - YOUTH

CHANGING THE LENS: ZOOMING IN TO MAKE A DIFFERENCE

Kathy James addresses the pressing issues of depression and suicide, shedding light on their prevalence among teen students. Join us as Kathy takes you on a journey through her personal challenges with depression and suicidal thoughts, emphasizing the urgent need for empathy, awareness, and action in the face of these challenges. Prepare to delve into a crucial conversation that confronts the stark realities of depression and suicide within the college community. Drawing from her own life, Kathy invites you to explore these critical issues through a widened lens infused with empathy and hope.

Equip yourself with the awareness and tools to make a difference. Together, we can create a more empathetic and supportive classroom environment, reducing the prevalence of depression and saving lives from suicide.

Learning Objectives:

- Learn how to recognize when a peer may be silently battling depression.
- Understand the factors that contribute to suicidal thoughts and behaviors.
- Discover how to approach the sensitive topic of depression and suicide with compassion and support.
- Learn practical ways to take action, equipping yourself with the knowledge to intervene and support a struggling peer.

Key Takeaways:

1. **Recognition as a Lifesaver:** Understand the transformative power of recognizing signs of silent battles with depression in your peers.
2. **Factors Unveiled:** Uncover the intricate factors contributing to suicidal thoughts and behaviors among students.
3. **Compassion as a Catalyst:** Explore the profound impact of approaching the sensitive topics of depression and suicide with compassion and support.
4. **Tools for Empowerment:** Equip yourself with practical tools and knowledge to take action when peers are struggling.

KATHY JAMES

TOPICS

MENTAL HEALTH/ SUICIDE PREVENTION - COLLEGE

TAKING ACTION: MITIGATING THE RISK OF SUICIDE AMONG COLLEGE STUDENTS

Kathy James addresses the pressing issues of depression and suicide, shedding light on their prevalence among college students. Join us as Kathy takes you on a journey through her personal challenges with depression and suicide thoughts, emphasizing the urgent need for empathy, awareness, and action in the face of these challenges. Prepare to delve into a crucial conversation that confronts the stark realities of depression and suicide within the college community. Drawing from her own life, Kathy invites you to explore these critical issues through a widened lens infused with empathy and hope.

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TOPICS

MENTAL HEALTH/ SUICIDE PREVENTION - WORKPLACE

MITIGATING THE RISK OF DEPRESSION & SUICIDE: A PROJECT MANAGEMENT APPROACH

In her presentation, Kathy leverages her personal experiences to illuminate the pressing challenges of depression and suicide, intertwining compelling storytelling with heartfelt anecdotes. Kathy constructs a secure environment that boldly addresses the unfiltered realities of mental health issues within professional teams, adopting a project management approach to confront these challenges proactively.

Delve into valuable insights during the session on how to apply a project management framework to mitigate the impact of mental health challenges on operational resilience. Attendees will emerge equipped with practical strategies, fostering a workplace culture that ensures the well-being of team members, ultimately creating a healthy and supportive work environment.

This presentation goes beyond awareness, providing participants with a profound understanding of the contributing factors to suicidal thoughts and behaviors. Kathy guides the audience in recognizing the signs of depression among team members, emphasizing actionable steps within a project management context to promote mental health and well-being within the professional realm..

Learning Objectives:

- Learn how to recognize when a team member may be silently battling mental upset or depression.
- Understand the factors that contribute to suicidal thoughts and behaviors.
- Discover how to approach the sensitive topic of depression and suicide with compassion and support.
- Learn practical ways to take action, equipping yourself with the knowledge to intervene and support a struggling peer.

Key Takeaways:

1. **Project Management for Mental Health:** Attendees gain valuable insights on applying structured strategies to enhance operational resilience and foster a proactive approach to mental health.
2. **Operational Resilience through Understanding:** Learn how to identify signs of mental upset or depression among team members, enabling organizations to fortify their operational resilience by addressing mental health challenges head-on.
3. **Compassionate Leadership in Action:** Discover actionable steps within a project management context to approach the sensitive topics of depression and suicide with compassion and support.
4. **Equipping for Effective Intervention:** Attendees leave equipped with actionable strategies to navigate mental health challenges within their teams, contributing to the creation of a healthy and supportive work environment.

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CLIENT LIST

TEDXYOUTH@ELLIOTSTREET BOSTON MA
SPEAK: GROWTH NEW YORK
COMMUNITY NOW MAGAZINE PINK & GREEN GALA
AMERICAN CAMP ASSOCIATION
DESIGN THE SHIFT ALBERTA CANADA
VOICES OF WOMEN
CLARITY CONFIDENCE CONNECTION
INSPIRED CHOICES NETWORK
GOT A DEGREE, WHAT'S NEXT
STRESS LESS, MORE PEACE & HAPPINESS
THE CHANGE DR - DR MICHELLE ROZEN
HER BUSINESS ELEVATED
C.A.T.S NETWORK
STRAIGHT TALK WITH NOLAN
CIGAR PEG'S VIRTUAL SPEAKERS HALL OF FAME
NOMINEE
SPEAKERS PLAYHOUSE LIVE
IMPROV FOR SPEAKERS
DEA IRBY

KATHY JAMES

TESTIMONIALS

"I've had the privilege to witness many powerful presentations, but Kathy James' TEDx talk on the power of making a difference truly stands out. Kathy's ability to share her vulnerable personal story was masterful.

Kathy's journey, marked by her own experiences with trauma, was shared with such raw honesty that it left a lasting impression on the audience. She didn't just tell her story; she brought us into her world, helping us understand the depth of her struggles and the transformative power of receiving help when it's most needed.

What really set Kathy's presentation apart was how she seamlessly connected her narrative with broader statistics about trauma in the United States. This blend of personal experience and data painted a comprehensive picture of the issue. It's rare to find a speaker who can share a part of themselves and ignite a desire in others to make a difference. Kathy did just that.

Kathy's TEDx talk was more than a presentation; it was a call to action, a beacon of hope, and a powerful testament to the human spirit's resilience. It was an honor to witness her share her story, and I am confident that her message will continue to resonate and inspire change in all who hear it."

Tanja Diamond
2X TEDx Speaker, Speaker coach, and TEDx Organizer

"Kathy James is a dynamic and inspirational speaker. Her ability to capture an audience, make them feel a part of the story, and invoke feelings within as well as inspire will captivate you. She is passionate about using her experiences and skills to help others and puts both her love and passion behind all that she does."

Dana Qualtieri
Realtor, MRP Relocation Professional

"As the TEDx event head coach, I was honored to be guiding her along with her assigned TEDx coach Sara. Kathy is a goal achiever and know what she wants to create for her speech. She corrects, follows up and make her speech drafts very efficiently, with a couple of her own creations. Very open to new ideas and not to mention she was one of the firsts to complete her prep work from start to finish. From a speaker to speaker, i personal endorse her speaking capabilities and dedication in her speech delivery to anyone who seeks to have a speaker or a keynoter in the industry."

Aaron Leung
TEDx Coach

"What a powerful talk. Thank you, Kathy, for an important message."

Martin Salama
Author

"Kathy is amazing. She is inspiring, energetic, and authentic."

Dea Irby
Realtor

"The entourage breakdown was interesting, and it was also curious to see how the participants classified themselves."

Laura Jones
Nomia Wellness Canada

"Many people (teens and adults) will be changed due to your courage and bravery."

Eddie Johnson
Author

KATHY JAMES

TESTIMONIALS

"Thanks for your bravery and sharing your story with others - hard as it may be."

Craig Gustafson

"Excellent Job Kathy! This message is timely and important. I cannot wait to share with others!"

Sabrina Sterling

"Excellent!!!! An honor to be on the same stage with you at TEDx @ElliottStreet and hear your story."

Dorien Rogers
TEDx Speaker