

# KATY KVALVIK

Experience Personal and  
Professional Breakthrough  
Like Never Before







“Katy is an extraordinary executive coach and speaker! Her speaking, training, and coaching has resulted in closing more funds, speaking with precision internally and externally, and has enhanced our company culture. I highly recommend Katy!”

– Mahilani Akonia  
Head of HR at Hyperloop  
Transportation Technologies

## AS SEEN IN



Entrepreneur



SMALL **Business**today  
MAGAZINE • WEB • TALK SHOW • EVENTS



Authority Magazine

THRIVE  
GLOBAL



## WHY KATY?

You don't want a speaker that just talks the talk—you need one who walks it too.

An in-demand speaker at events like Wisdom 2.0, Hive Global, NAIFA Sales Conference and Wanderlust festival circuit, Katy draws from decades of experience and expertise to lead audiences all across the world toward their own personal or professional breakthrough. If you're looking for an executive coaching expert to wow the audience at your next event, Katy is IT.

Whether you're filling a panel, hosting a company retreat, booking keynotes for your conference or planning a workshop intensive, Katy can present and teach in-person or virtually.

## BRANDS THAT HAVE WORKED WITH KATY



## What people are saying

“

I have benefited from Katy's workshop by gaining understanding and how to use skills and tools that I will be able to carry with me for the rest of my life, and even pass on to my future kids!

”

—**Amber Rademacher**, Realtor, Keller Williams

“

I highly recommend Katy as a speaker and trainer! From her speaking, I will be able to use the strategies and tactics in every facet of my life: work, family, relationships, health, etc. It was an experience filled with robust and useful skills to live a remarkable life.

”

—**Marc Savas**, President, Refuse Specialists

“

Thanks to Katy's approach to communication, health and wellness, my employees have improved in their overall mental focus, positive energy, and motivation. After learning effective strategies from Katy's workshops, I'm more in alignment with my leadership strategies and approaches.

”

—**CK Lin, Ph.D.**, Head of Corporate Culture, VideoAmp

# SPEAKING TOPICS

## *Keynote #1:*

### **The Power of Connecting: Elevate the Impact of Every Conversation**

Every conversation counts. To be an effective leader, you must be an effective communicator. To be an effective communicator, you must believe in the power of making a genuine connection with every person you encounter. In this engaging session, Katy lays the foundation for anyone aiming to ignite dynamic, authentic conversations that will take both their personal and professional relationships to the next level. Sharing insights from her years of working with thousands of people, including executives and business leaders, Katy will reveal the straightforward and simple communication strategies that can transform and inspire your work conversations, create a positive impact on your personal interactions, and evoke a greater connection in all your relationships.

## *Keynote #2:*

### **Exhausted to Empowered: More Energy. Less Stress. Better Life.**

Do you dream of waking up each morning feeling invigorated, being full of healthy energy all day, and sleeping through the night? Do you want a life that is less stressful and a mind that is confident, clear and full of joy? Katy wants to help you uncover the secret to living your best life: being fully empowered in both your personal and professional life. Using personal examples from working with thousands of people and from her own journey of rebuilding her body after two severe accidents, Katy will inspire you to create and accomplish goals, perform better at work, be a better partner and enjoy life on a whole new level. If you desire to accomplish more during the day and dream of feeling more relaxed in your own body, this talk is right for you.

## *Takeaways*

- The 3 best ways to motivate and inspire anyone
- High-performance mindset tools to improve your listening skills, focus and clarity
- Two key factors for building trust and rapport
- Katy's #1 secret for successful negotiations at work and at home
- Conversations to increase productivity and results

## *Takeaways*

- Step-by-step strategies for all-day energy in both your personal and professional life
- Restoring your body for better performance
- Katy's top secrets for stress reduction and radiant health
- The #1 thing you need to know to get rid of excess weight
- Techniques for increasing clarity and memory
- How to get out of your rut and finally feel confident, energized and happy again

# SPEAKING TOPICS

## *Keynote #3:*

### **Crushing Your Communications in Crisis and High-Stakes Environments**

Clear communication can make or break a business—especially during a time of uncertainty. But what if you were able to have clear communication in every conversation you had? Think about it. What would happen if—with every email, text, meeting and conversation—you and the other individual(s) were on the same page? Katy wants to show you how. By revealing how to listen deeply, build rapport through verbal and nonverbal communication, understand “meaning and meaning making” and how to set (and reinforce!) boundaries, Katy will teach you how to crush your communications in crisis and high-stakes environments. The result? Effective communication that extends beyond your meetings, the conference room, and even your industry to have a ripple effect through all areas of your life.

## *Takeaways*

- The #1 way to prevent miscommunications
- The four stages of listening
- Build rapport like never before
- Discover your communication style
- Why “no” is the new “yes” and how to gracefully exercise your “no”
- The art of negotiation and how to negotiate with integrity

## *Keynote #4:*

### **Resilience in the “New Normal” and How to Build Yours**

In the “new normal” we must focus on what we can do vs. what we can’t do. 2020 taught us that flexibility is non negotiable; we must be able to adapt to the everyday changes (and challenges!) and stay calm and focused in the midst of it all. In this keynote, Katy shares the two critical components for overcoming a stressful circumstance: the strength of your internal and external environment and your level of purpose. She’ll help you build your resilience, take personal ownership of your results, and help you manage stress effectively as you take consistent action forward. The “new normal” is here to stay in both our personal and professional lives. Thanks to resilience, we can face it and even embrace it.

## *Takeaways*

- Examine the clutter and organize for clarity
- Determine the habits to stop, continue and start for decreased stress
- Learn how to set up your support environment
- Get the tools to process and navigate unexpected life events
- Create and communicate boundaries

# SPEAKING SAMPLES

## KATY'S SPEAKING REEL

[Memorable Keynotes, Workshops + TV Interviews](#)



## TODAY IN NASHVILLE

[Preventing Holiday Burnout](#)



## TALK OF THE TOWN

[Tackling Life's Challenges](#)



## WORKSHOP

[Managing Stress and Building Resilience  
During Covid-19](#)



### BOOKING CONTACT INFORMATION

Interested in booking Katy for your next event? Use the contact information to the right to send your request (including event date, location and audience) to our team.

Kristin Carver Smith  
kristin@thenewfashioned.co  
615-438-0989



## MORE ABOUT KATY

Business coaches are a dime a dozen. But an intuitive and deliberate executive coach that actually guides clients toward and through breakthroughs to experience transformation in both life and work is a little harder to come by. Katy Kvalvik is just that—an expert who provides holistic executive coaching for C-suite executives, business owners, entrepreneurs and leaders ready to experience both personal and professional breakthroughs.

As the creator of the Harmony Method®—a blueprint for work-life harmony—Katy helps her clients find harmony emotionally, spiritually, physically, and mentally in both their personal and professional lives. Most clients come to her with one problem and leave having experienced breakthrough and transformation in every area of their work and life.

After overcoming multiple life-altering injuries—and relearning how to walk—Katy has dedicated her life to empowering leaders to fulfill their missions and live out their life purpose. From today's leading corporate brands to entrepreneur-led start-up businesses, she has worked with companies such as Sony, American Express, Beach Body, Hyperloop Transportation Technologies, Singularity University as well as tech startups like VideoAmp, Pivot Bio, and MediGram, to name a few.

An expert in advanced communication skills for high-stakes conversations and presentations, influence and negotiation, and leadership development, Katy is an in-demand speaker at conferences and events across the country and has been featured on several online and television media outlets, including ABC, NBC, Thrive Global, Entrepreneur and more. Katy also speaks on integrative health—specifically stress reduction, chronic pain, gut health, and chronic fatigue. She specializes in helping individuals build resilience, increase their high-performance mindset, and achieve sustainable results by incorporating health and wellness strategies into their everyday life. A graduate of UC Berkeley, board-certified health counselor, certified trainer of Neuro-Linguistic Programming (NLP), certified yoga instructor, and business mentor, Katy is passionate about helping people thrive. To learn more, visit [katykvalvik.com](http://katykvalvik.com).

### BOOKING CONTACT INFORMATION

Interested in booking Katy for your next event? Use the contact information to the right to send your request (including event date, location and audience) to our team.

Kristin Carver Smith  
kristin@thenewfashioned.co  
615-438-0989