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KATRINA HOUGHTON

Human Performance
Expert, Self Leadership
Speaker

Helping High-Achieving
Women Lead With More
Energy, Confidence & Purpose



SUCCESS WITHOUT SELF-SACRIFICE



Meet Katrina

BIO

For years, Katrina Houghton believed success meant pushing harder, giving more, and putting herself last.

Like so many high-achieving women, she excelled professionally while quietly running on empty.

Today, Katrina helps ambitious women redefine success through the power of self-leadership.

Blending over two decades of leadership experience with expertise in human performance, behavior change, emotional intelligence, and energy optimization, she equips women with practical tools to think differently, protect their energy and thrive personally and professionally.

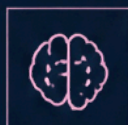
Her message is simple:

**The most important person
you'll ever learn to lead is
yourself**



Leadership Expert

20+ years experience



Human Performance

Behavior & energy mastery



Keynote Speaker

Corporate & conference stages



Why This Conversation Matters

76%

of women report
symptoms of burnout

91%

of high performers feel
overwhelmed weekly

2 in 3

women leaders consider
leaving their roles

High performers aren't failing because they lack discipline.
They're exhausted from carrying everything.

Today's ambitious women are balancing:



Career



Leadership



Caregiving



Business



Family



Personal Growth

Yet most have never been taught how to manage their energy.

Katrina's keynote helps women stop surviving
and start **leading themselves differently.**

Signature Keynotes

KEYNOTES FOR WOMENS LEADERSHIP

01

The Energy Gap

Why women's capacity is the missing conversation in leadership

We talk a lot about women's potential, but not enough about the energy it takes to reach it. In this practical and thought-provoking keynote, Katrina explores the gap between what women are expected to carry and what they realistically have the capacity to sustain. Audiences will discover how to recognize energy drains, rethink performance, and build a more sustainable approach to success without running on empty.

AUDIENCE LEARNS

- Identify their 5 biggest energy leaks
- Learn how to connect to their internal barometer
- Build a personal energy management practice
- Make energy-based decisions

02

Cravings, Cortisol & Chaos

Understanding Your Body's Signals in a World That Never Slows Down

Ever feel tired but wired, reaching for another coffee, or wondering why your best intentions seem to disappear in the chaos of everyday life? This relatable, engaging keynote explores the connections between stress, cravings, energy, and well-being. Katrina helps audiences better understand their body's signals and discover practical, manageable ways to support themselves in the midst of life's demands without adding another impossible task to the to-do list.

AUDIENCE LEARNS

- Create a simple reset strategy
- Understand the cravings-stress connection
- Recognize their personal chaos triggers

THE POWER OF CONNECTION:

Lead with Heart

20
MINUTE
TALK

The way we make people FEEL matters

In a world focused on networking, productivity, and what comes next, genuine human connection can be our greatest advantage.

In this inspiring 20-minute talk, Katrina explores the power of authentic relationships, intentional listening, and leading with empathy. Audiences will be reminded that meaningful connections aren't just about who we meet, but how we make people feel and the lasting impact we can create when we lead with heart.

AUDIENCE LEARNS

- A renewed understanding of how small, intentional moments of connection can create a lasting impact.
- The importance of leading with empathy, authenticity and intention.

KATRINA HOUGHTON

HUMAN PERFORMANCE EXPERT

YOUR ENERGY CHANGES EVERYTHING



Speaking Style

Katrina's talks are:

- Engaging and high-energy
- Relatable and real
- Story-driven with practical takeaways
- Designed to create both emotional connection and tangible results



Ideal Audiences

- Corporate teams & leadership groups
- Women in business / entrepreneurs
- Conferences and wellness events
- Associations and community organizations
- Mompreneur and high-performance women's groups



Past Speaking & Experience

- Workshops and leadership sessions
- Women's empowerment events
- International Women's Day collaborations
- Wellness and self-leadership programs



Katrina is available for:

- Keynote Speaking
- Workshops & Trainings
- Panel Discussions
- Corporate Wellness Sessions



**TO INQUIRE ABOUT AVAILABILITY,
SPEAKING FEES, OR CUSTOM PRESENTATIONS:**

 hello@katrinahoughton.com

 506-999-6802

 www.katrinahoughton.com



*You are the **CEO** of your **Life**, how you lead yourself determines everything*

Every Audience Leaves With...

AUDIENCE TAKEAWAYS

- ✓ Greater confidence
- ✓ Practical leadership tools
- ✓ Better energy management
- ✓ Increased resilience
- ✓ Stronger boundaries
- ✓ Immediate action steps

“

**Katrina doesn't just inspire.
She changes the way women think about
themselves.**

“ —

Katrina's keynote was the highlight of our entire conference. Every woman in the room felt seen.

Sarah M.

“ —

Practical, powerful, and deeply moving. Our team implemented her strategies immediately.

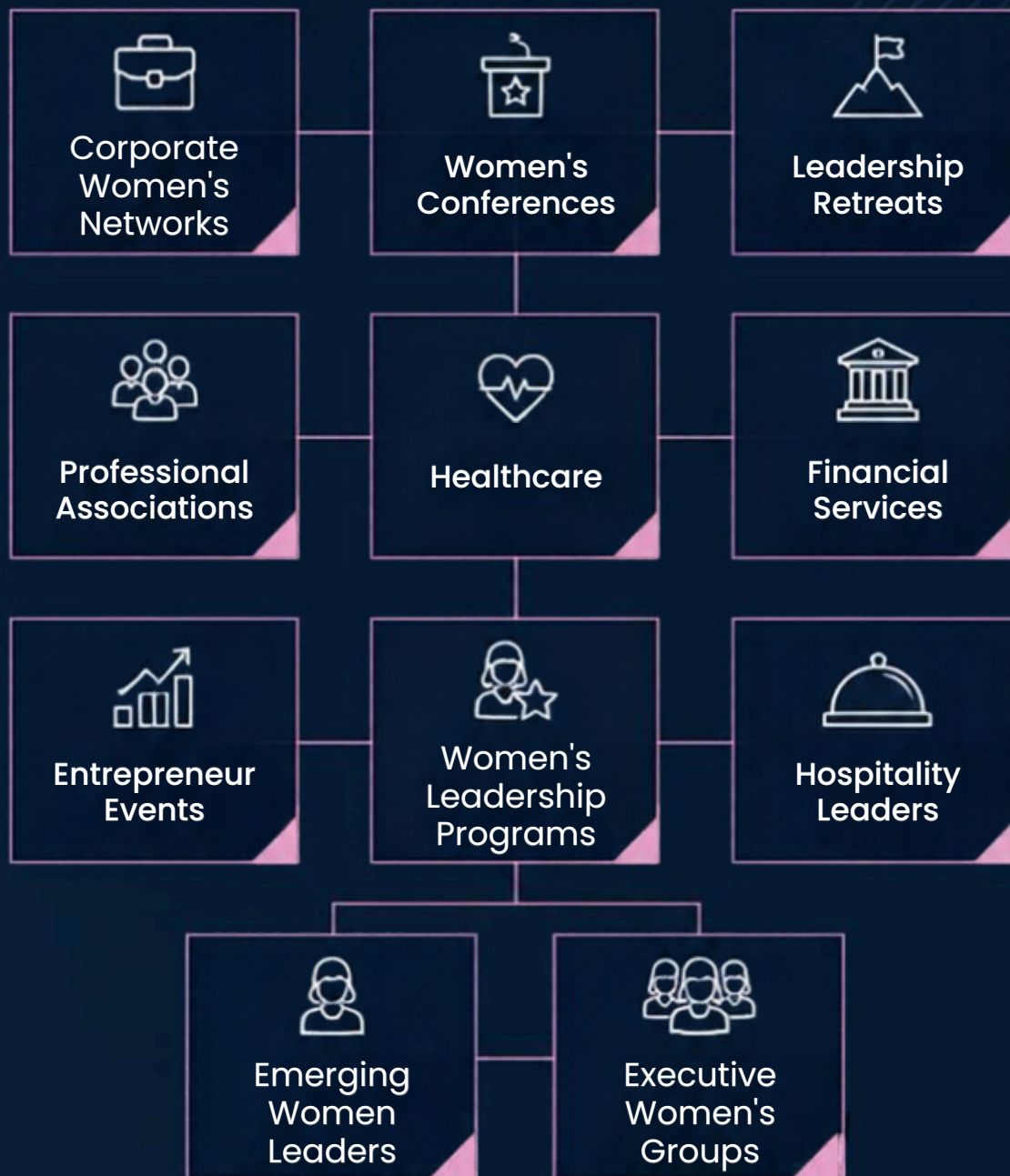
Jessica T.

“ —

She has this rare ability to blend vulnerability with authority. Our audience gave her a standing ovation.

Amanda R.

PERFECT FOR



AVAILABLE FORMATS

- ✓ Keynotes
- ✓ Workshops
- ✓ Half-Day Training
- ✓ Retreat Facilitation
- ✓ Corporate Wellness Programs

Your Audience Deserves More Than Motivation.

They deserve transformation.

If you're looking for a keynote that empowers high-achieving women with practical strategies, inspiring stories, and actionable leadership tools, let's create an unforgettable experience together.

BOOK KATRINA

GET IN TOUCH



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