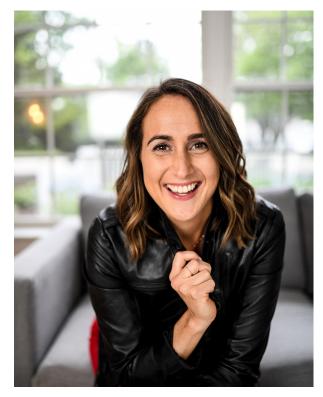
### KATIE GRIMES

In 2010, a panic attack left me baffled as to how life had become so unfulfilling. Being unhappy didn't even sum it up entirely; I was tired, overwhelmed, and irritable. Seeking guidance propelled me to learn tools to live life differently; I began to feel, live and perform better.

Through workshops and virtual 1-to-1 coaching, participants have experienced massive shifts with a level of certainty, trust and accountability.

With a passion for community and connecting with like-minded people, Katie has extensive experience creating mission-driven organizations. She previously cofounded Fiercely YOU, WWIRE: wellness for women in Real Estate, and Women's Breakfast Social.



HAPPINESS STRATEGIST &
FOUNDER OF THE HEART FILES

www.theheartfiles.com

# **ENGAGEMENTS**

All partnerships and sponsorship will include a 30 minute consultation to review scope of collaboration prior to commitment,

A 50% retainer is required at time of booking and is 100% refundable 60 days in advance of your event. Cancellations less than 60 days are 50% refundable. In case of cancellation within 30 days of the scheduled event, no refund is provided. Full payment is due 60 days prior to event.

I'm excited to create a workshop where your attendees leave inspired to maintain happiness in their lives.

## **COLLABORATIONS**

- HAPPINESS DISCUSSIONS
- SPEAKING ENGAGEMENTS
- TEAM-BUILDING WORKSHOPS
- WELLNESS CONSULTING
- PURPOSEFUL COACHING
- WANT TO FEEL HAPPIER?
- WANT TO PERFORM BETTER?
- LOOKING TO ATTRACT & RETAIN TOP TALENT?

www.theheartfiles.com

#### FEAR LESS WORKSHOP



**DURATION: 2 HOURS** 

DATE: SEPTEMBER/OCTOBER 2019

LOCATION: ON-SITE

KATIE GRIMES

THE HEART FILES

WWW.THEHEARTFILES.COM

## **WORKSHOP**

#### FEAR LESS WORKSHOP

- EXPLORING WHAT SELF-AWARENESS
   MEANS & HOW IT HAS HELPED US GET
   TO WHERE WE ARE TODAY
- TAKING A HOLISTIC LOOK AT HOW KNOWING YOURSELF CAN HELP YOU GROW
- IDENTIFYING PLACES IN OUR LIVES
   WHERE WE HESITATE DUE TO FEAR TO
   DIG DEEPER INTO OUR TRUTH

## **DETAILS**

#### WORKSHOPS CAN BE CUSTOMIZED:

- DURATION | 2 HOURS RECOMMENDED
- DISCUSSION TOPICS
- 20 PERSON GROUP SUGGESTED
- THOSE WHO IDENTIFY AS A FEMALE
- 15 MINUTE PREP CONSULTATION
- POST-WORKSHOP RESOURCES

#### • PRICING:

FOR BOOKING AND PRICING INQUIRY SCHEDULE TIME WITH ME HERE!