

# 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 co-founded Fiercely YOU, WWIRE: wellness for women in Real Estate, and Women's Breakfast Social.



HAPPINESS STRATEGIST &  
FOUNDER OF THE HEART FILES

[www.theheartfiles.com](http://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.

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## 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?

# FEAR LESS WORKSHOP

DURATION: 2 HOURS

DATE: SEPTEMBER/OCTOBER 2019

LOCATION: ON-SITE

KATIE GRIMES

*THE HEART FILES*

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## 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!