



TESTIMONIES ABOUT MY PROGRAMS:

“One of our IT Managers referred Kris to us as a speaker for our Women of AT&T luncheon. Her interactive presentation proved to be very insightful and valuable to everyone in the room. Several employees thanked me afterwards for inviting Kris to speak and suggested we have her come back for another event. I would highly recommend Kris to any company seeking to motivate their employees to be their best because she has a natural way of helping them “connect the dots” and providing strategic tools to make it happen.”

- Theresa Spralling, Senior Associate Director of Training, AT&T

“On behalf of the U. S. Small Business Administration, I would like to thank you for agreeing to participate as one of the instructors for the "WNET Roundtable." The vast majority of attendees gave the workshop an "Excellent" rating which is the highest rating possible. You presented the topic, "SHIFT-ing from Stuck in Neutral to C.E.O. of Your Life" in a very profound manner. The information imparted to the participants was well received. They are more knowledgeable about cultivating a CEO mindset in every area of their businesses, careers and personal lives. You played a major role in making the workshop a successful event.”

- Charlotte Johnson, Business Development Specialist, U.S. Small Business Association of Georgia.

“Kris Cavanaugh provided an insightful and helpful coaching for my team members. Her ability to immediately connect to everyone made the presentation very easy to follow and interact. She elicited feedback and dialogue which made the time go almost too fast! My team members have all given me feedback that she gave them new tips on managing stress and time. It was said that they would immediately implement the tools provided during Kris’s talk with us. Many have asked to have Kris speak to their direct reports. I would recommend Kris Cavanaugh to any group looking to grow and improve immediately. She will help anyone achieve the business and personal goals they have set for themselves.”

- Dr. Pam Hale, Former Regional Manager, Banfield Pet Hospital (a Pet Smart Partner)

“Kris recently spoke at our monthly luncheon, educating our members about how to “SHIFT” their lives from the norm of feeling powerless, imprisoned, or disillusioned by the many complexities and stresses of life – into becoming the CEO of our own lives and destinies. Her delivery was excellent, engaging, and insightful. I would highly recommend that the next occasion you have to allow Kris to speak to your association or group – definitely do so, being prepared to look inwardly during and after. Kris poses hard questions that caused us all to examine where we have been, where we are, and where we WANT to go. She rounds that out with HOW to get there... Excellent!”

- Scott Brown, President, Atlanta Chapter of the National Funding Association

"Kris recently conducted a program as part of an Executive Skills Boot Camp for the Kettering Executive Network (KEN). KEN is an executive group dedicated to "Pay it Forward" and Personal Development. During the program Kris shared her SHIFT philosophy and grabbed the attention of all of the 40 participants. Each participant walked away with a better understanding of how to develop their own plan to become the CEO of their life. Many of the participants have since commented that Kris' approach to an easy to talk about but hard to do topic - Taking Control of your Life - has helped them make tremendous progress. If you are looking for a speaker that is not only inspirational but also give practical, actionable advice, I would highly recommend that you talk to Kris. She did a great job for us and was fun and easy to work with."

~ Michael Robertson, Kettering Executive Network (KEN) Program Manager

"We invited Kris to participate in our Annual Staff Meeting to present on the topic of “Stress and Time Management.” Leading up to the presentation—during the planning process—she communicated well. Her delivery was excellent and she communicated well with our team. After Kris’ presentation many of our team members came to me affirming the value they found in the training. She was well prepared for her presentation, yet exhibited flexibility to meet the needs of the audience. Her presentation was interactive. She asked great questions, listened well, and provided insightful practices for dealing with stress and improving time management."

- Jack Bruce, C.O.O., BIS Benefits