

# Catrice M. Jackson, M.S., LMHP, LPC Speaker, Life Designer & Author

*Helping people create a life  
they love...*

## **Catrice's Speaking Style**

*Inspirational & Informative  
Dynamic & Bold  
Fresh & Innovative  
Engaging & Transformative  
Compassionate & Honest  
Vibrant & Empowering  
Thought Provoking &  
Authentic*

### **Professional Profile**

Published Author & Speaker  
Life Designer & Experiential Trainer  
Organizational & Team Coach  
Emcee, Moderator & Energizer  
Retreat Speaker & Facilitator  
Poet ~ Writer ~Columnist  
Licensed Mental Health Practitioner  
Licensed Professional Counselor  
Certified Women's Advocate  
Doctoral Student PhD Psychology (2011)

### **CATRICE JACKSON**

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Catrice M. Jackson, a dynamic sought after empowerment speaker, life designer and organizational consultant/trainer is on a mission to reach thousands of women in her life time. She is the Master Chef at Catrice's Culinary Institute, the premier place for creating a delicious life and helps women across the nation create and live irresistibly delicious lives (one so good they can't get enough of it). Catrice is passionate about inspiring women to live the sweet life and through her signature programs "Create Your Delicious Life" and "Branding a Delicious YOU" she is taking the nation by storm.

Catrice has been inspiring and empowering women and audiences since 1997 and is dedicated to helping people create deliciously vibrant lives. Catrice's messages are fresh, innovative and simply delightful as she helps women and organizations become delicious from the inside out. Catrice Jackson, aka the platform coach: one stage, one mic, one message, millions transformed. Choose Catrice to bring a deliciously savvy flavor to your event.



## **Catriceology: Becoming Delicious from the Inside Out!**

Transformational messages and transform your life workshops anchored in social psychology, human dynamics, organizational theories and positive psychology combined with high energy, fresh perspectives and a passion for the human condition!

### **Partial Speaking Topics:**

Speak Your Truth & Unleash the Real You	Living Life Out Loud
Get Out of Your Own Way and Live	The Power of NOW
Create Your Delicious Life Right Now	Branding a Delicious You
The Art of Fear Free Living	Savvy, Sassy & Satisfied

### **Life Designing Specialization:**

Quieting The Inner Critic	Living with Passionate Intent
Attracting Abundance in Life	Doing Work You Love
Fear Free Living	Right Now Living
Preserving Your Emotional Energy	Creating a Delicious Life

*The speaker you choose to dazzle, inspire and empower your audience!*