

# Catrice M. Jackson, M.S., LMHP, LPC

## The Create Your Life Expert!

*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**

Author & Speaker

Life Strategist & 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

### **CATRICE JACKSON**

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Catrice Jackson, a dynamic sought after speaker, life coach and trainer is on a mission to reach thousands of women in her life time. She has launched several new and exciting programs designed uniquely for women.

Catrice is passionate about inspiring women to live a vibrant life and through her signature programs "Create Your Vibrant Life" and "Take Back Your Life" 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 authentically vibrant lives. She is a seasoned counselor, life coach and speaker who delivers messages of hope, inspiration and action through her straightforward yet compassionate communication style. Catrice's messages are fresh, innovative and life changing as she helps people reveal their authentic self and



### **Catriceology: The Innovative Art of Transformation!**

Motivational messages and experiential 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	The Power of Self
Create Your Life Right Now	Living with Ease and Grace
The Art of Fear Free Living	Soul Eruption Discovering Self

#### **Life Coaching Specialization:**

Quieting The Inner Critic	Creating Intentions for Life
Attracting Abundance in Life	Doing Work You Love
Living Purposely and Passionately	Victorious Living
Preserving Your Emotional Energy	Creating a Vibrant Life

*Choose Catrice Jackson for your next event you will be inspired into action!*