

PROFILE OF KAY FITTES

With an insight to action approach, Kay Fittes takes audiences and workshop participants through an evolutionary, chameleon-like experience. Her programs present a cornucopia of strategies to women in order to take life-changing steps in their professional and personal lives.

Ms. Fittes founded *Strategies For Women Growth* in 1990, combining her experience as a therapist and facilitator in the mental health field with her expertise as a trainer and presenter in the business sector. She brings a wealth of knowledge to her groups, helping women reach the next level of success through the 3 P's: powerful professional and personal esteem; powerful verbal and non-verbal language and powerful presentations and packaging. Kay's warmth, humor, rapport and examples of personal self-growth serve to inspire, entertain and challenge each audience member.

Ms. Fittes is the author of *How To Raise Your Self-Esteem*, a self-enhancement system for women. This text is a part of the curriculum of the Hamilton County Justice Center Women's Substance Abuse Treatment Program. In addition to helping chemically addicted women, this book is helping the average woman to develop strategies to live life to the fullest. She also has authored *Your Guide To Life-Changing Presentations* and the CD *Panic to Power*.

She has served as a consultant and presenter to the business, medical and educational communities providing programming to such diverse groups as Ethicon, IBM, General Electric, Cincinnati Children's Hospital, and the Ohio Department of Education.

Kay Fittes received her degree from the University of Tennessee, and is a member of the National Speakers Association; the American Society for Training and Development; the National Association for Self-Esteem; the Association of Female Executives and eWomenNetwork. She is past vice president of the Ohio Council for Self-Esteem, and past area governor for Toastmasters International. She holds an Advanced Toastmaster designation and has won numerous speaking contests. In addition, she is a Certified Trainer and holds a Credential for Leadership Training. Kay also sits on several advisory boards for women's advancement.