



Cathy Harris
Speaker, Author, Coach
www.CathyHarrisSpeaks.com

Cathy Harris
Presents
Empowerment
Seminars, Workshops and Webinars



Cathy Harris is an Empowerment and Motivational Speaker, Non-GMO Health and Wellness Expert, Advice Columnist at DearCathy.com, Self-Publishing and Business Coach and is the author of 24 non-fiction books. Her health and business empowerment initiatives, especially for all women, has helped her venture into uncharted territories, where she is helping others transcend boundaries and create options, while they tap into their own strength, passions and purpose.

Self-Publishing Workshops:

- ◆ Top 7 Steps to Publish a Book (paperback, e-book, audiobook)
- ◆ Top Steps to Open Your Own Company (Self-Publisher)
- ◆ Top Steps to Write a Book About Your Life or Industry
- ◆ Top Steps to Become a Ghostwriter, Editor, Proofreader, Typesetter, Freelancer, Columnist, etc.
- ◆ Top Steps to Write a Business Plan
- ◆ Top Steps to Find Financing for Your Writing Business
- ◆ Top Free & Low-Cost Marketing Tips
- ◆ Top Legal Aspects of Your Writing Business
- ◆ Top Myths, Mistakes and Scams in the Writing Industry

Business Workshops:

- ◆ Top Signs of the Time Businesses You Can Start Within Two Weeks for Youth and Adults
- ◆ Top Steps to Take to Start Your Own Business
- ◆ Top Steps to Write a Business Plan
- ◆ Top Steps to Find Financing for Your Business
- ◆ Top Legal Aspects of Your Business
- ◆ Top Free & Low-Cost Marketing Tips
- ◆ Top Business Myths, Mistakes and Scams
- ◆ Top Steps To Form Business Alliances, Strategic Partnerships, and Co-Ops with Other Businesses

Health Workshops:

- ◆ Top Steps to Rejuvenate and Reenergize Your Body through the Detoxification Process
- ◆ Top Steps to Clean Up Your Environment and Recover the Energy and Vitality You Had 10 to 15 Years Ago
- ◆ Top Steps to Bring Down Your Numbers Naturally in 6 Months (weight, cholesterol, blood pressure, blood glucose, and triglycerides)
- ◆ Top Steps to Build a Strong Immune System
- ◆ Top Steps to Treat Depression Naturally
- ◆ Top Steps to Live to Be 100 Years Old
- ◆ Top Foods that are Genetically Modified/Engineered/ Altered
- ◆ Top Side Effects of Eating Genetically Modified Organisms (GMOs)

Police Interactions 101 Workshops:

- ◆ How To Interact With the Police in Your Car
- ◆ How To Interact With the Police on The Streets
- ◆ How To Interact With the Police in Your Home
- ◆ Top Steps to File Complaints Against Police Departments
- ◆ Top Steps To Forming Criminal Justice Coalitions
- ◆ Top Steps To Setting Up Legal Defense Funds for Wrongful Incarcerations, Police Brutality, etc.
- ◆ Top Functions of Citizen Review Boards
- ◆ Top Problems with Citizen Review Boards
- ◆ Top Suggestions to Stop Police Abuse

Mandatory Vaccinations Workshops:

- ◆ Top Steps To Stop Mandatory Vaccinations Laws for All Men, Women, Children, and Pregnant Women
- ◆ States That Have Already Passed These Mandatory Laws
- ◆ Which Progressive Groups Do You Need To Join to Fight Back
- ◆ Top Steps To Learn If Your Child Has Been 'Vaccine-Injured'
- ◆ Top Steps to Cure Your Child of Autism
- ◆ Top Steps to Remove Heavy Metals from Your Body

Credit Repair Workshops:

- ◆ Top Steps To Raise Your Credit Score in 90 Days to a 750
- ◆ Which FREE Website You Need To Monitor
- ◆ Top Steps To Remove Closed Files or Incorrect Information Off Your Credit Report
- ◆ Top Steps To Apply for Credit
- ◆ Top Steps To Get Approved for Credit Cards
- ◆ Top Steps To Pay Off Credit Cards
- ◆ How Lenders Determine Your Credit Worthiness

To Set Up An Event Contact:

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www.CathyHarrisInternational.com, cathy@cathyharrisinternational.com

Personalized Consulting and Mentoring with CathyHarrisInternational.com

- ◆ Top Steps to Become Healthier in 30 Days
- ◆ Top Steps To Learn About GMOs, Vaccinations, etc.
- ◆ Top Steps to Start A Business for Youth and Adults
- ◆ Top Steps To Publish A Book
- ◆ Top Steps To Raise Your Credit Score in 90 Days
- ◆ Top Steps To Interact With the Police in Your Car, On the Streets, In Your Home



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Now Offering 3 to 4 Day Weekend Retreat Packages

Have you ever wanted to just disappear and come back empowered?

Now you can with Cathy Harris 3 to 4 Day Weekend Empowerment Retreat Packages

Cost = \$75-\$350 Per Person—Topics = All of the Above

Organizer/YOU: Gather 10, 15, 20 or more participants and collect payments;
Provide food and sleeping arrangements.

Presenter/ME: Show Up with Services (One-On-One and Group Workshops) and Products
(Paperback Books, Audiobooks, Consultation Packets, etc.)

CONSULTATIONS IN-PERSON

If you would like me to come to your home, venue or meet you somewhere in the community for a coaching/consulting session — contact me at — phone: (512) 909-7365, email: cathy@cathyharrisconsulting.com and view fees posted on website at www.CathyHarrisConsulting.com.

CONSULTATIONS BY EMAIL, PHONE, AND VIDEO

I also provide coaching/consulting by email, phone and video. So let me know what's the best way to work with you.

PAYMENTS

You can pay for sessions or retreats with full or partial payments at paypal.com (info@angelspress.com). We also accept cash, checks, and credit card payments in person. Payments must be paid in full before consultation.



To Set Up A Consultation:

Angels Press

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