



KatriNa
New Opportunities Within
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"The light at the end of the tunnel really could be a train...That's the problem with tunnel vision! Expand yours!"

~ Katrina Spigner

Captivating. Passionate. Enlightening...

These are just a few words that have been used to describe Katrina Spigner. An Author, Speaker and Certified Personal & Executive Coach, Katrina Spigner writes for, speaks to, and coaches those seeking a purposeful path that leads to living a more authentic and fulfilling life. Through the good, the bad, and the ugly of her own life, Katrina has learned some powerful lessons which she candidly weaves into her writing, speaking, and coaching as she challenges others to discover, explore, and maximize New Opportunities Within (N.O.W)! Katrina is deeply committed to helping people thrive no matter the challenge.

Katrina is the author of two books: *This Is for You!: 31 Days of Life-Changing Discoveries* (2008, Pleasant Word) and *G.I.F.T.: Growing In Faith Today!* (2010, WinePress).

Katrina's weekly e-blast, Wednesday WOW! and monthly e-Newsletter, The Journey encourages subscribers both nationally and internationally.

As an entrepreneur, Katrina is the founder and CEO of Re-Source Solutions, LLC, a personal and professional growth and development company dedicated to providing "Real Answers, for Real People, with Real Questions." Founded by Katrina in 2007, Re-Source Solutions, LLC serves as the umbrella company for all products and services provided by Katrina. These products and services include but are not limited to, books, journals, CDs, media contributions, keynote presentations, workshops, retreats, and personal & executive coaching.

A teacher at heart, Katrina also serves as an adjunct instructor at Columbia College in Columbia, SC.

Organizations such as Blue Cross Blue Shield, American Business Women's Association, Gentiva Hospice, Providence Hospitals, and the Association for Volunteer Administration have hired Katrina as a speaker and/or workshop facilitator. She has also spoken and conducted workshops at events and conferences for numerous churches and faith-based organizations.

Katrina is a media contributor and has also been featured in and written articles for numerous magazines. Katrina has been a guest on a number of television programs and also served as a weekly guest on radio.

Katrina earned a Bachelor of Arts degree from Columbia College and a Masters degree in Social Work from the University of South Carolina. She also earned a certificate in Clinical Pastoral Education. Additionally, Katrina earned her Certification in Personal & Executive coaching from the Coaching and Positive Psychology (CaPP) Institute.

Katrina is a member of NorthStar Christian Center where she actively participates in women's ministry.

Katrina is the proud mother of two beautiful children and one grandson who provide continuous strength and motivation for her journey. She enjoys writing and spending time with her family and friends.

"Freedom is an internal choice that is not governed by external circumstances."~ Katrina Spigner

Keynote Presentations, Signature Sessions & Workshops

Katrina Spigner's charismatic keynote presentations and workshops underscore her unique gift for inspiring others. Her keynote presentations and workshops are interactive, instructional, inspiring and highly engaging. Filled with practical ideas and instructive stories, Katrina helps "Real people find Real answers to Real questions!"

As an Author, Speaker and Certified Personal & Executive Coach, Katrina Spigner brings a wealth of experience and knowledge to every keynote presentation and workshop. Through wit, magnetism and grace, Katrina challenges individuals, groups, and organizations to move from where they are to where they have the possibility to be.

Keynote presentations and workshops are researched and customized specifically for your organization and/ or ministry. Keynotes are 20 to 30 minutes in length and can include question and answer sessions. The length of workshops will vary based on the needs of the targeted participants.

SAMPLE KEYNOTE PRESENTATION TOPICS:

What Are You Afraid Of?: In this powerful message, Katrina exposes the spirit of fear that has held you back as she details how to conquer it so that you can walk in the plans and purpose God has for your life. Be inspired as Katrina speaks to YOU! Your life will never be the same again!

Reality vs. Truth: Reality television has infiltrated our lives in the past decade. As a result, many of us have fallen prey to its impact and gotten lost in living in our own realities. Katrina presents you with a public service announcement designed to draw your intention to something that exists that is greater than your reality. Get ready to have your world shaken, rattled and rolled!

Expect the Unexpected: This message of faith and power will inspire you to expand your vision and shift your perspective regarding the good things that are in store for your life. Katrina challenges you to forget the things that are behind you and to position yourself to the mind-blowing things that are ahead.

Never Lose Your Voice! In this inspirational message, Katrina challenges you to recover that which is lost as she defines what it means to be truly found. You will reclaim your voice, establish your power, collect your confidence, pursue your purpose, salvage your independence, and settle into your peace.

SAMPLE ORGANIZATIONAL WORKSHOP:

Compassionate Listening in the Workplace Workshop

This motivational workshop delves deeply into a realm of communication that has at its core, our stories. Katrina serves as your coach and guide as you build compassionate listening skills that are sure to transform your workplace and your life. "If you are determined to overcome, you can overcome whatever you determine."

"If you are determined to overcome, you can overcome whatever you determine."

"It doesn't matter how you fell off the wagon; what matters is that you catch the next wagon coming along so you can get back on." ~ Katrina Spigner

Host A Signature Session or Workshop in Your Area

"POWER OF PURPOSE" SESSIONS

Have you ever thought about what it would be like to bring a group of women together in an atmosphere that is warm, engaging and safe for sharing with one another what it means to live their lives with Passion, Purpose and Power?

Have you considered bringing these women together to have them inspired to tap into their God-given gifts, talents and abilities in a way that brings them a sense of fulfillment and brings God glory?

Well, if you have, Katrina is delighted to come to your area and share the joys of purposeful living.

THE POWER OF PURPOSE BREAKFAST SESSION™

In this three hour breakfast session, Katrina will facilitate an in depth discussion for participants who have read her book, "This is for YOU!: 31 Days of Life Changing Discoveries."

"SO YOU THINK YOU CAN'T WRITE?" WORKSHOP

These sessions are specifically designed for aspiring Christian authors - those women who know they have a book inside of them waiting to be born, yet they have no idea how to begin the process. In these sessions, you will join other like-minded women as Katrina coaches you through the process.

You will:

Identify and confront the obstacles that have held you back.

- Develop a plan for beginning the process
- Clarify your vision for the finished product
- Gain insight into the publishing process and beyond

"To find your BALANCE in life, determine where you're making your deposits and withdrawals."

TESTIMONIALS:

"Katrina possesses an uncanny ability to convey compelling messages of hope and inspiration that appears tailor-made to each individual's unique needs. It is almost as if she has been peeking into your soul. Katrina leaves you feeling good about yourself and believing that you can overcome any challenge to achieve the goals you set for your life." ~ Dr. Leslie D. Bessellieu, TRANSFORMATIONS Consulting & Psychological Services

"My experience in Katrina's workshop was freeing. It helped me examine some protected areas in my life and helped me see that my essential purpose lies in the personal characteristics that I possess from which I have been hiding. I am now on a new purpose journey that embraces the total me; spirit, soul and body." ~ Kimberly Jowers, PMS Founder & President

"We had the pleasure of having Katrina as our featured speaker for the Health Ministry Empowerment Tour. She was absolutely wonderful! We are still getting comments from tour attendees about her inspirational and touching remarks. Katrina is a special person who you need only to spend a few moments with to recognize her anointing. We at IMARA Woman Magazine are so happy and proud that she has dedicated herself to helping others, particularly women, seek and reach their God-given purpose. What a truly awesome sista' she is and a blessing to all of us." ~ Wendy Brawley, Publisher & CEO, IMARA Woman Magazine.

"Our experiences are more than what we've been through, accomplished or achieved. Our experiences are what "qualifies" us to inspire others." ~Katrina Spigner



Scheduling Options

- **Keynote** (up to 30 minutes)
- **Customized 1/2-Day Workshop** (up to 4 hrs)
- **Customized Full-Day Workshop** (up to 6 hrs)
- **Panel Participant** (same day as presentation)

To guarantee a specific date on Katrina's calendar, a 50% deposit with a signed contract is required. The remaining balance is due upon completion of the presentation or workshop.

IN THE EVENT OF A CANCELLATION:

100% of the deposit will be returned if the cancellation is made a minimum of 90 days prior to the confirmed date.

50% of the deposit will be returned if the cancellation is made between 60-89 days prior to the confirmed date.

25% of deposit will be returned if the cancellation is made between 46-59 days prior to the confirmed date.

Deposit will be forfeited if cancellation is made less than 45 days prior to the confirmed date.

PRESENTATION EXPENSES

Speaking fees are exclusive of travel. If needed, travel expenses include hotel, meals, ground transportation and full coach class airfare.

Contact

To hire Katrina for your event and for all public relations and media inquiries, please contact us:

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PHONE: 800.331.0874

For other correspondence:

Re-Source Solutions. LLC

C/O Katrina Spigner

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WORKSHOP TESTIMONIALS:

The speaker is very talented and gifted in this area and it was a pleasure to have attended this workshop. She is truly inspirational.

This was an awesome workshop – one if not the best! I learned more from this workshop than any other – easy listening and to the point. Great!!!

This was an awesome workshop for me where I am in life today!

This workshop was a very heart warming experience. I will take the skills I learned to my community and workplace. This was an outstanding training with a great opportunity for learning in all aspects of life.