

A Resilient Solution

Kathleen Gramzay

Body/Mind Resilience Expert, Author, Speaker



What's most needed after a 2-yr global pandemic? Resilience. Chronic stress isn't new. What is new is the pandemic's residual impact on our ability to feel safe, focus, create, and kindly engage with each other. For life and business to move forward, we've got to be able to reset our mental, emotional, and physical selves to embrace change. Resilience isn't a theory, it's wired into the body/mind. It's just a matter of learning how to shift its gears.

When it comes to the body/mind Kathleen's personal and professional experience makes her an enthusiastic and engaging guide. If you are looking for practical, applicable information delivered through an interactive experience Kathleen Gramzay is the speaker for your event or group. Whether through keynotes, breakout sessions or full workshops, Kathleen tailors her presentations to be relevant to her varied audiences. Here are few examples:

Topic Examples:

- Resilience & Stress Relief—Keystones for Sustainable Leadership
- Mindful Resilience - Sustainable Practice to Avert Burnout
- Body/Mind and the Art of Communication—How to Work Better as a Team
- Applying the Science of Mindful Resilience to Improve Outcomes

Some of the organizations that have engaged Kathleen include: AZ Women's Leadership Conference, Gateway Community Bank, CopperPoint Insurance Companies, Arizona SHRM, Arizona Fire Chiefs Association, Better Business Bureau-AZ, Wells Fargo Bank, Lewis Roca Rothgerber Christie, Nat'l Assoc. of Women Business Owners Phoenix Chapter, BSWI, Eye Priority, AMTA National & IL Chapter Conventions

What Clients & Attendees Say:

"Kathleen customized her presentation for our sales team which made it very relevant. She was energetic, informative and immediately got the attendees engaged with her fast-moving, interactive presentation. In just an hour, our team learned several techniques to relieve stress or calm oneself prior to a big meeting. I recommend Kathleen if you are looking for a fun, interactive presenter who can teach "Type A" personalities to manage their stress and anxiety."
- Christine Joseph, Senior VP, WellsFargo

"Kathleen brought her amazing Kinessage® Mindfulness Resilience training to our leaders this year. Her innovative program empowers individuals to manage their stress through a hands-on approach that works. Kathleen walks the talk and brings a refreshing approach to leadership development and corporate wellness. Her energy fills the room with her passion for body/mind health, and this program is a popular offering for our leaders."
-Lorraine Field, Chief People Officer Sonora Quest Labs

"FABULOUS Presentation!"—A. Bell, Exec Dir. GCU, "Engaging speaker, relevant & helpful topics for all types of workers & industries."—S. Bowman, Peoria Chamber of Commerce, "Great for high stress situations/jobs"—C. Pacheco

To Book Kathleen:

602.617.9737 kg@kathleengramzay.com



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Debilitating Muscular Pain is a Powerful Motivator.

Kathleen Gramzay became a soft-tissue and movement specialist out of necessity. Faced with either ending a new massage therapy career or figuring out how to work smarter, Kathleen intuitively looked to the body instead of outside it, for her pain solution. Her passion to understand movement led her to discover how to consciously direct its built-in pain relief system to get and stay pain free. From that discovery, Kinessage® Self Care and Kinessage® Massage Through Movement were born.

Proven :

- Over a 16-year private practice
- With thousands of clients
- 8 years teaching her methods
- To hundreds of massage, occupational & physical therapists around the USA

Now for:

- Wellness-Conscious Organizations and Individuals seeking a holistic solution to
- Stress-related tension and chronic pain

Not only does partnering with the body/mind relieve physical pain, it provides the built-in mechanism to increase resiliency to change.

Partnering With the Body/Mind - Pain Relief and So Much More:

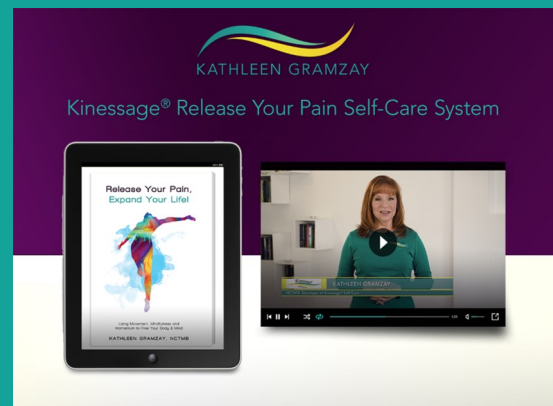
"Learning how to clear the body of pain without medication is invaluable. Participants experienced how using simple movement and light touch quickly increased range of motion, released excess tension, and relieved their pain. I was personally surprised when I saw my own progress made in the brief time from the pre and post evaluation. It works!"

If you are looking for a program that empowers your employees to easily and quickly increase mobility and relieve their own pain and tension without medication or office visits, I recommend Kinessage®."

MaryAnn Sturm, VP HR, CopperPoint Insurance Companies

"The day was remarkable. Kathleen's professionalism and knowledge is impressive. What was really extraordinary was her ability to interact with our employees in a way that made them very comfortable."

Finding creative ways to incentivize your team makes a difference and Kinessage® is one of those opportunities. This is an investment that has already paid significant returns and I'm sure will continue to do so." - Bill DeBarba, President BWSI



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