



KATHY GRUVER PhD

STRESS & COMMUNICATION EXPERT



Magnify your communication effectiveness and decrease your response to stress with Dr. Kathy Gruver, the leading expert in stress and communication.

Her gutsy strategies include:

- Transforming corporate culture creating high stakes results through effective communication and improved relationships
- Building resilience to stress with five practical and proven techniques that are easy enough for anyone to master
- Intensifying connectivity between employees and customers for life by eliminating miscommunications and reactivity

Her real-world formula in both communication and stress will give your audience the tools and techniques to lead your organization into a powerhouse outperforming the competition.

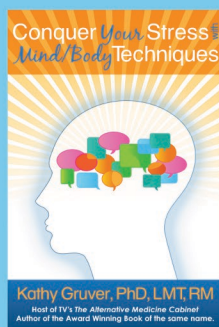
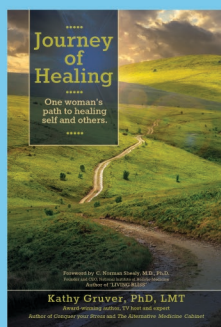
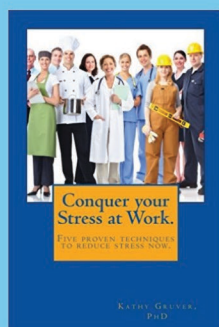
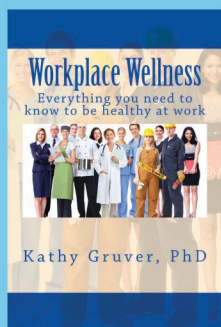
Dr. Gruver's infectious, magnetic personality and hard-hitting communication techniques will intensify the learning process inspiring audiences to change into a more productive person. She has spent years researching her topic, authored 7 books, earned 12 prestigious awards, penned countless articles and appears regularly on radio and TV. She has traveled extensively from Cuba to Italy spreading her dynamic success formulas to such prestigious organizations as: Raytheon, USPS, Southland Industries, American Heart Association just to name a few.

Speaking Topics:

**PRACTICAL STRESS REDUCTION
COMMUNICATION
BUILDING RESILIENCE
WORK/LIFE BALANCE
SHIFTING MINDSET
POSITIVITY**



12-Time Award-Winning Author of:



"A breath of fresh air... Our employees begged us to get her back"

- Erin Coon, Raytheon Women's Network

"Dr. Gruver is a very dynamic and engaging speaker who captivates her audience and delivers practical useful information in a humorous and enjoyable way."

- APCO Canada

If you like off the charts, incredible feedback, then you must book Kathy! She will transform your audience's thinking to "go big or go home" with gutsy, gritty, real-world tips, tools and techniques no one but Kathy can deliver!

 **KATHY GRUVER PhD**

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