



Cathy Nunnally



EXECUTIVE COACH AND CONSULTANT

Nunnally & Company specializes in executive coaching, team facilitation, public speaking, and empowering both men and women to excel in the business world. As a top corporate officer at JPMorgan Chase, Cathy has been through it all and is as comfortable in a cubicle as she is in a boardroom.

Cathy has been the executive coach for Fortune 500 companies as well as major businesses and non-profit organizations. She has helped create strategy and team building events for global firms and developed a leadership program for all levels. She has conducted firsthand research on the successful traits of executive women and how many of them broke through the glass ceiling.

Cathy is a sought-after public speaker and keynote for global firms, professional organizations and large conferences.

Keynotes & Group Workshops

These keynotes and workshops are customized to focus on a client's most important concerns. Each is packed with real-world stories, humor and interaction with an understanding of a sophisticated and results-oriented audience.

The Power of Presence

- Self-assess on the dimensions of presence that matter most
- Learn how to create authentic presence that can express your full power

The Art of Self-Promotion

- Overcome common self-defeating beliefs
- Learn how to comfortably and confidently position strengths and accomplishments, and recognize the golden opportunities to do so

Attracting a Sponsor

- Step-by-step guidelines to cultivating that all-important sponsorship
- Understand what it takes to be a great protégé

Leadership and the Power of Communication

- Learn how most breakdowns in business stem from ineffective communication
- Identify your communication style and how to be more effective in interactions with others

Brain Rules for Thinking Smarter

- An understanding of the delusion of multi-tasking; how the brain actually works
- The keys to effective presentations – how the brain pays attention
- Tips to improve short-term and long-term memory

Feedback: The Fuel for Leadership Growth

- A deeper understanding of the need for, and incredible value of ongoing feedback
- How all of us can obtain the feedback necessary for ongoing success and how it can be a positive experience for all involved