



KATRINA HOUGHTON

HUMAN PERFORMANCE EXPERT

YOUR ENERGY CHANGES EVERYTHING

Katrina Houghton is a dynamic speaker, wellness coach, and leadership facilitator who helps high-achieving women step into their power without sacrificing their well-being.

With a background in hospitality leadership, sales, and wellness coaching, Katrina blends real-life experience with practical strategy to deliver talks that are both inspiring and actionable. She understands what it's like to juggle career, motherhood, and personal growth and brings that lived perspective to every stage she steps on.

Known for her relatable storytelling and high-energy delivery, Katrina doesn't just motivate she creates transformation. Her audiences walk away with tools they can immediately apply to lead themselves and their lives with intention.





SIGNATURE SPEAKING TOPICS

1. **Cravings, Cortisol & Chaos: The Hidden Burnout Triggers Every High-Achieving Woman Needs to Know**

High-achieving women often blame lack of discipline, when in reality their body is working against them. This talk uncovers how stress, hormones, and hidden burnout triggers are driving cravings, fatigue, and overwhelm and what to do to regain control of your energy

- Identify the hidden burnout triggers sabotaging energy and focus
- Learn simple strategies to balance hormones and reduce stress
- Create a personalized plan to reclaim consistent energy and mental clarity

2. **Succeeding as a Mompreneur: Building a Business Without Burning Out**

Building a business while raising a family requires more than time management, it requires energy, boundaries, and aligned priorities. This session gives mompreneurs practical strategies to grow their business without sacrificing their well-being or the life they're working so hard to create.

- Discover how to set boundaries that protect both family and business
- Learn systems to maximize productivity without burning out
- Harness your energy, mindset, and actions to achieve sustainable success

"Katrina has a way of making you feel seen while also challenging you to step up. Her session completely shifted how I look at balance and leadership"



SIGNATURE SPEAKING TOPICS

3. Redefining Balance & Growth for the Modern Woman

The pressure to “do it all” is leaving women exhausted and disconnected from what matters most. This talk challenges the myth of balance and introduces a more sustainable, intentional way to manage life, work, and personal energy.

- Recognize the myths and dangers of “doing it all”
- Learn how to prioritize what truly matters without guilt
- Develop practical tools to create sustainable balance in life and work

4. The Self-Leadership Shift: Become the Woman Who Leads Her Life

Self-leadership is the foundation of everything, from how you show up in your career to how you show up at home. This talk empowers women to take ownership of their mindset, energy, and actions so they can lead their lives with confidence, clarity, and intention.

- Build unshakable self-trust and confidence
- Learn to lead yourself before leading others
- Identify the mindset shifts and leadership habits that create greater confidence, clarity and personal accountability.

“Katrina has a way of making complex ideas feel simple and actionable. By the end of the session, I felt energized, inspired, and equipped with tools I could use immediately to take control of my energy and lead my life with confidence. This isn’t just a workshop, it’s a game-changer.”



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Speaking Style

Katrina's talks are:

- Engaging and high-energy
- Relatable and real
- Story-driven with practical takeaways
- Designed to create both emotional connection and tangible results

Ideal Audiences

- Corporate teams & leadership groups
- Women in business / entrepreneurs
- Conferences and wellness events
- Associations and community organizations
- Mompreneur and high-performance women's groups

Past Speaking & Experience

- Workshops and leadership sessions
- Women's empowerment events
- International Women's Day collaborations
- Wellness and self-leadership programs

Katrina is available for:

- Keynote Speaking
- Workshops & Trainings
- Panel Discussions
- Corporate Wellness Sessions



To inquire about availability, speaking fees, or custom presentations:

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You are the CEO of your Life, how you lead yourself determines everything