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Dynamic, Energizing & Humorous Speaker, Certified Speaking Professional (CSP)

https://www.kmprod.com/speakers/christine-cashen

Bio

People across the globe are raving about Christine Cashen and her refreshing take on everyday life. Christine is one of the few individuals to meet the rigorous induction criteria of the National Speakers Association, CPAE SPEAKER HALL OF FAME, and there's no question that she deserves that honor; her effortless ability to pull in any audience with her remarkable insights on commonplace situations make her and her messages unforgettable.

For 20 years Christine has shared her expertise on **conflict resolution, stress management**, and **cultivating a happier more productive workplace**. Audiences have related so much to her experiences, struggles, and lessons that listeners have wanted to take her back with them to the office.

Author of the AWARD-WINNING BOOKS *THE GOOD STUFF: Quips & Tips on Life, Love, Work, and Happiness* and *It's YOUR Business: Good Stuff for Your Personal, Professional, and Funny Business*. Christine holds a bachelor's degree in Communication and a master's degree in Adult Education. In 2016, she was the recipient of an HONORARY DOCTORATE from Central Michigan University.

Before embarking on her journey as a speaker, she worked as a university admissions officer, corporate trainer, and broadcaster. She is a mother of two, wife of a "hottie engineer," and

caregiver of Murphy, a chocolate lab.

Topics

Staying Inspired When You're So Darn Tired!

It can feel challenging to stay right side up when the world feels upside down. This past year has been stressful, but it is time to take back your power. Take control of what you have the power to change. Shift your perspective, get energized, and lead by example.

Audience takeaways:

- Method to Compose and Dispose to handle worry
- Identify Energy Gainers/Drainers and what to do about them
- How to get your “mojo” back
- Tools to leverage levity

Why Can't Everybody Just Get Along?!

With her incredibly humorous and relatable style, Christine gives you the tools to identify, understand and approach conflict creatively.

Audience takeaways:

- Secrets to defuse anyone in any situation
- Script the perfect words for any conflict
- Creative problem-solving techniques
- Calming techniques to handle triggers
- You’ll discover the keys to having more fun, improving productivity and morale, while at the same time lowering stress and improving job satisfaction!

Extreme Humor Makeover

Seize the chaos! Life is messy. Change happens.
There is never enough time. Well, it is time to take back your power and own your life!
It doesn’t matter what happens to you. What does matter is your response.
What have you done to take care of YOU lately? It is time to Carpe Chaos! Seize your time, seize your energy, and take the reins so you can be the boss of your life – all while enjoying one fantastic ride.

Audience takeaways:

- New routine ideas to escape ruts
- How to create energy forcefields
- BOOGIE to rock your job

- Rediscover your sense of humor

You don’t want to miss this presentation. Join Christine for hot tips and strategies to achieve the best in your personal and professional life. You’ll leave feeling charged up, motivated and excited to get back out there and work your magic.

Christine Cashen is represented by K&M Productions. For more information, Christine Cashen's speaking schedule, **fees** & **booking Christine Cashen, contact us**.