

Saturday, November 4, 2017

4:00 – 4:45 p.m.



Kay Fittes, ACG, CL

Kay Fittes is the founder and CEO of High-Heeled Success, LLC, specializing in training, keynote presentations, and consulting for women. Ms. Fittes is an expert on gender behaviors that put women at a disadvantage in the workplace. Her registered trademark, High-Heeled Success®, is a system for empowering women to command a competitive edge in the workplace. Though she now presents programs to women on creating an executive presence and polished presentations in corporations, associations, conferences and public events, Kay is the least likely person ever to have this role. She started her life as invisible, voiceless and afraid of everything, especially public speaking. She is living proof that no matter how pitiful you start, you can end more powerfully, as evidenced by the fact she has presented to almost 100,000 women and in over 2,500 programs!

With an insight to action approach, Kay Fittes takes audiences and workshop participants through an evolutionary, chameleon-like experience. Her programs present a cornucopia of strategies for women to take lifechanging steps in their professional lives.

She has served as a consultant and presenter to the business, medical and educational communities. Her clients include Procter & Gamble, Anthem, Fidelity Investments, Children's Hospital, and The Ohio Department of Education. Ms. Fittes is a graduate of the University of Tennessee and holds a Certification in Leadership Training. Kay is the past Vice President of the Ohio Council for Self-Esteem.

A Women's Guide to Silencing Her Inner Critic

Often, it's not women's skills or smarts that hold them back in the workplace, rather their personal history.

Messages from the past often cause a tendency toward self-criticism. When that critical voice drowns out the positives, your self-esteem takes a hit and so does your level of success. Join us to take back control of the messages that slow you down. You will walk away with four proven simple steps that will reverse these self-sabotaging behaviors.