

# Cathy Lawson

Managing Change through Faith, Friends and Fellowship

*Warm and vibrant*, Cathy Lawson captivates hearts by sharing her personal journey. Whether speaking to an audience of young moms or a women's ministry retreat, Cathy's straight-from-the-heart and hands-on engagement wins over audiences.

As a professional facilitator and former corporate trainer, Cathy has trained executives, entrepreneurs and parenting groups in the areas of team building and change management for 10+ years. In addition to her signature talk on managing change, Cathy can customize an inspirational message for your group.



## SIGNATURE TALK

### Tactful Transitions

Transition is difficult, especially for kids. Child development experts tell us that children need routine and predictability to sail through their day. We all know that change is inevitable and just part of life. So how do we help our kids deal with transition and change? A new home, new school, new city... new baby! As adults, shouldn't we be pros by now at dealing with change? Why do some people seem to handle change so much better than others?

After years of consulting bank executives on managing change in the workplace, Cathy learned to apply the same principles to her own struggles as a mother, especially raising a child with Autism. According to *My Big Fat Greek Wedding*, "The man is the head and the woman is the neck". This means dad is the CEO, but mom is the COO, or Chief Operations Officer. As Mom, our job duties include improving communication and boosting morale when our family is going through changes. Being proactive is half the battle. Cathy's message will encourage, inspire and equip moms with the tools they need to help their families get through life's big and little speed bumps.

*Visit [cathylawson.com](http://cathylawson.com) for more presentation topics.*

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