



Cathy Harris

Speaker, Author, Coach
www.CathyHarrisSpeaks.com



Cathy Harris

Presents

Empowerment Seminars

- ◆ Business
- ◆ Self-Publishing
- ◆ Health



Cathy Harris is a Business and Health Coach, Consultant and Genetically Modified Organism (GMO) Food Expert. She recently launched the National Non-GMO Health Movement. Before embarking on a speaking, writing, and a consulting career, she was a Senior Customs Inspector for over 20 years with Customs and Border Protection where she was instrumental in alleviating the stress and trauma in international traveling when she became a "federal whistleblower" (www.TheCathyHarrisStory.com). As a courageous advocate for justice, she initiates and continues a process of self-education, where she has been recognized as a woman in the business of uplifting and empowering her community. Her strong sense of justice and bold stance along with her health and business initiatives for the entire community has helped her venture into uncharted territories where she is helping others transcend boundaries and create options while they tap into their own strength, passions and purpose.

Business Seminars

- ◆ Top Sign of the Time Businesses You Can Start Within Two Weeks for Adults and Youths Ages 7-18
- ◆ Top Health Businesses (organic gardens, holistic & natural healers and coaches, physical trainers and instructors, etc.)
- ◆ Top Steps to Take to Start Your Own Business
- ◆ Top Steps to Write a Business Plan
- ◆ Top Steps to Find Financing for Your Business
- ◆ Top Legal Aspects of Your Business
- ◆ Top Free Publicity and Low-Cost Marketing Tips
- ◆ Top Business Myths, Mistakes and Scams
- ◆ Top Ways To Form Business Alliances, Strategic Partnerships, Co-Ops, etc. with Other Businesses

Self-Publishing Seminars

- ◆ Top 7 Steps to Publish a Book (print, ebooks, etc.)
- ◆ Top Steps to Open Your Own Company (self-publishing)
- ◆ Top Steps to Become a Ghostwriter, Editor, Proofreader, Typesetter, Freelancer, Columnist, Screenwriter, etc.
- ◆ Top Steps to Write a Business Plan for Your Writing Business
- ◆ Top Steps to Find Financing for Your Writing Business
- ◆ Top Free and Low-Cost Marketing Tips for Your Business
- ◆ Top Ways to Market with Books, Booklets, Special Reports
- ◆ Top Steps to Write a Book About Your Life or Industry
- ◆ Top Legal Aspects of Your Writing or Publishing Business
- ◆ Top Myths, Mistakes and Scams in the Writing Industry

Health Seminars

- ◆ Top Steps to Rejuvenate and Reenergize Your Body through the Detoxification Process
- ◆ Top Steps to Clean Up Your Environment and Get the Energy You Had 10 to 15 Years Ago
- ◆ Top Steps to Bring Down Your Numbers in 6 Months (weight, cholesterol, blood pressure, blood glucose, etc.)
- ◆ Top Steps to Build a "Strong" Immune System
- ◆ Top Steps to Live to Be 100 Years Old
- ◆ Top Steps to Treat Depression Naturally
- ◆ Top Reasons You Have Body Aches and How To Stop Them
- ◆ Top Reasons People are Misdiagnosed with Illnesses
- ◆ Top Reasons the Pharmaceutical Industry Want to Keep You Sick
- ◆ Top Foods that are Genetically Modified/Engineered/Altered
- ◆ Top Side Effects of Eating Genetically Modified Organisms



To Set Up An Event Contact:

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