



Kay Cannon

Redefining how Type A's accomplish big results without collateral damage

CLIENTS

"Kay Cannon knows how to break through the icy exteriors that Type-A leaders often front. She does this through personal lessons, honest humor and real-world solutions. You leave Kay's presentation with new tactics to grow your business, employees and most importantly, yourself."

---Celeste Hilling, CEO, Skin Authority

Kay's presentations provide information that people not only use but that actually change their lives. She is a master of her topics and a dynamic presenter.

---Becky Naugle, Director, Kentucky Small Business Center and the Center for Entrepreneurship

Kay has the expertise to teach professionals to think and perform at their top level in everyday situations."

---Jeff Kohl, Global Sales, Precor Inc.

Kay was able to break through my deeply instilled thinking patterns and help me transform my approach to work.

---Robert L Christian, VP Operations & Partner, Service Net Solutions

Kay's got a great sense of humor. It's helped me see things from different perspectives.

---Irene Piatek, Project Manager, Johnson Space Center

EXPERIENCE

An award-winning executive coach since 1999 and a bona fide member of the Type A tribe, Kay Cannon knows what drives, motivates and sabotages Type A individuals and the companies they run. Kay pulls back the curtain with a funny, insider's look into the secret world of top performing Type A individuals.

Your audience will laugh and then learn as Kay brings ideas to the forefront that your audience has never considered. And, in true Type A fashion, when Kay finishes speaking, you will know what to do, when to do it and, most importantly, why you need to do it.

Blending her in-the-trenches experience with her professional expertise, Cannon quickly sharpens performance and launches Type A talent on a faster and smoother trajectory to higher levels of success.

Kay has appeared in:

---**The Wall Street Journal**

---**The New York Times**

---**Forbes Online**

---**The London Financial Times**

---**The Washington Post**

---**Newsday**

---**The CIO Magazine**

---**The CFO Magazine**

PRESENTATIONS

It's time to wake up and smell the truth. Traditional Type A's are becoming passé. It's too costly to dominate the game by slicing, dicing and sacrificing. That pricey party is over. New competitive forces, technology and employee engagement have leveled the playing field. These talented and smart top performers must learn to get the big wins in new ways.

What Just Happened?!

Why Type A's Implode, Go Nuts and Do Stupid Things

Winning in today's business world is like being a brain surgeon. You can't afford an oops.

When Type A individuals implode, go nuts or do something stupid, we frequently ask... "What were they thinking?"

This session reveals the three most common answers and the seldom recognized mental traps that launch top performers on a trajectory for trouble and what you can do to avoid the train wreck.

Juggling Elephants and Herding Cats

How to Align and Engage Superstar Stakeholders without Losing Your Groove

Executive suites, management teams and board rooms are filled with highly driven Type A individuals who must align, engage and execute in sticky situations.

Pack this high caliber power and passion into a pressure cooker and there's bound to be brouhaha's along with the brilliance.

Unfortunately, demands, debates and dirty looks can easily morph into dangerous distractions.

This session takes a humorous and helpful look at how to keep Type A Titans in tune and on target when you absolutely, positively can't afford to miss a beat.

Kay Cannon, Inc.

P.O. Box 22178, Lexington, KY 40522-2178; Tel: 859-266-2436; Fax: 859-266-2498; www.kaycannon.com info@kaycannon.com

Kay Cannon

Redefining how Type A's accomplish big results without collateral damage

**ENGAGEMENT EXPERT
EXECUTIVE COACH
INDUSTRY LEADER**

What Just Happened?!

Why Type A's Implode, Go Nuts and Do Stupid Things

Juggling Elephants & Herding Cats

How to Align and Engage Superstar Stakeholders without Losing Your Groove

Type A *noun & adjective.* A driven, ambitious and self-motivated individual, who is especially prone to setting a high bar and pushing self and others over the edge. Frequently over-committed, impatient, worn out and wound up. Usually found calling the shots, directing traffic and fanning the flames in pressure-cooker climates. Tends to cause collateral damage in exchange for accomplishment.