



Christine Cashen

Fasten your seatbelt and enjoy the ride. Christine Cashen delivers a fast-paced, hilarious program with useful content that makes her a sought after speaker worldwide. For more than 10 years, she has jazzed an amazing variety of audiences throughout the United States, Canada, South Africa and Australia. Christine is an authority on sparking innovative ideas to handle conflict, reduce stress and energize employees.

Before hitting the speaking scene, CC was a university admissions officer, corporate trainer and broadcaster. Christine holds a Bachelors Degree in Communication and a Masters Degree in Adult Education. She is a member of the National Speakers Association and is a Certified Speaking Professional (CSP). CSP is an earned designation awarded by the National Speakers Association and the International Federation for Professional Speakers. It is the speaking profession's international measure of speaking experience and skill. Fewer than 7% of the speakers on the planet hold this designation.

What makes her unique is the "real" factor. Whether talking about her "hottie engineer" husband, pet peeves or growing up in an Italian/Irish household, audience members can relate to her experiences, struggles and lessons. She combines a down-to-earth attitude with a colorful artistic streak. Comments from audience members such as "I feel like I've known her forever," "we must take her back to our workplace" and "it felt as if Christine was speaking directly to me," are a testament to her effectiveness and style.

Christine has been featured as a creativity expert in HOW Designs at Work magazine and is a co-author of the book *Mission Possible, Volume Eight*. She has also developed the A Dynamic Speaker series of learning resources: Get What You Want With What You've Got DVD, Why Can't Everybody Just Get Along CD and Got Humor Video. Christine resides in Dallas with her husband, their two toddlers and a chocolate lab puppy.

Speech Topics

Get What You Want With What You've Got

We are all being asked to do more with less. This program gives you the tools to get the absolute best with what you've got! We are all given what we need to succeed and Christine will help you take those skills to the next level. After this program you will be able to:

- communicate effectively by understanding different personality styles
- learn the secrets to defuse anyone and handle conflict like a pro
- create a better day with more energy and time management tools
- discover how humor can increase job satisfaction, improve morale and reduce stress

Extreme Humor Makeover

It's the Fun Factor: How to boost productivity, lower stress, and understand people better than ever. Get ready to bring more fun into your work day, as expert speaker and motivator Christine Cashen brings you this fast-paced, entertaining program. You'll discover the keys to

having more fun, improving productivity and morale, while at the same time lowering stress and improving job satisfaction! This program is ideal for an opening keynote to energize the audience or the perfect closing keynote to end your conference with a bang!

Why Can't Everybody Just Get Along?!

Wish you had the perfect words for any situation? Wish your team truly acted like a team? Tired of personal and professional conflict? Build relationships and take success to the next level! With her incredibly humorous and relatable style, Christine gives you the tools to identify, understand and approach conflict creatively. Learn the secrets to defuse anyone in any situation, blow off steam before you boil over, and bring peace to all across the land. This conflict and teamwork program is a wonderful interactive break-out session. Learn the techniques to:

- Identify, understand and cope with confrontations to develop the confidence you need to resolve difficult issues.
- Discover how to script the perfect words for results
- Understand what makes different personality styles tick and how to communicate with them.
- Christine will help you approach conflict creatively by outlining tactics to keep your cool, defuse situations and blow off steam before you boil.

Stop Global Whining!

The fact is: we are all forced to do more with less – fewer staff, declining resources, and 40 hours of stuff to do in a 24-hour day. This can really wear us down! What to do? Sure you can waste energy complaining, but how productive is that!? Be part of the solution, not part of the problem. Christine will share the secret to getting what you want with what you've got, and she'll show you that you have what it takes right now to make a difference in your workplace and your life. This is the perfect program to kick-start any event!