

Long Bio (363 Words)

Kay Fittes shows career-oriented women who struggle with letting go of behaviors that hold back their careers (i.e. over commitment, perfectionism and lack of focus) simple ways to experience career breakthroughs.

As founder of High Heeled Success™, Ms. Fittes uses an insight to action approach, to takes audience and workshop participants through an evolutionary, chameleon-like experience. Her programs present a cornucopia of strategies to women in order to take life-changing steps in their professional lives.

Ms. Fittes founded her company in 1990, combining her experience as a therapist and facilitator in the mental health field with her expertise as a trainer and presenter in the business sector. She brings a wealth of knowledge to her groups, helping women reach the next level of success through the 6P's for *High Heeled Success*™: powerful professional and personal esteem; powerful verbal and non-verbal language and powerful presentations and packaging. Kay's warmth, humor, rapport and examples of personal self-growth serve to inspire, entertain and challenge each audience member. Ms. Fittes has presented to audiences from 5 to 500 in over 2,000 presentations.

Ms. Fittes is the author of *Achieving High-Heeled Success: 50 Ways for Career-Oriented Women to Succeed*; *How To Raise Your Self-Esteem: An Action Guide for Women*; *Your Guide To Life-Changing Presentations*; *Go Ahead and Laugh: A Serious Guide to Speaking with Humor*; and is the creator of the CD *Panic to Power: Swift and Simple Speaking Strategies Anyone Can Use*.

She has served as a consultant and presenter to the business, medical and educational communities providing programming to such diverse groups as Ethicon, Deloitte, Fidelity, Children's Hospital, and the Ohio Department of Education.

Kay Fittes received her degree from the University of Tennessee, and is a member of the National Speakers Association; the American Society for Training and Development; the National Association for Self-Esteem; the Association of Female Executives, American Association for University Women, and eWomenNetwork . She is past vice president of the Ohio Council for Self-Esteem, and past area governor for Toastmasters International. She holds an Advanced Toastmaster designation and has won numerous speaking contests. In addition, she is a Certified Trainer and holds a Credential for Leadership Training. Kay also sits on several advisory boards for women's advancement.