

KATHY LOVE

SELF CARE COACH



Thank you for inviting me to speak to you about every day self-care for people who take care of everyone, but themselves.

LET'S TALK ABOUT SELF CARE FOR:
HEALTHY BOUNDARIES | ANGER | PEOPLE PLEASING |
FEELING OVERWHELMED | BEING ALONE
TRUSTING YOURSELF | FORGIVING YOURSELF | TOXIC
RELATIONSHIPS | GRIEF | DETACHMENT | DENIAL
GUILT & SHAME

Kathy Love is a TEDx speaker, author of *My Self Care Sh*t: The Workbook* & *My Self Care Sh*t: The Workbook-Military Edition*, Chief Community Officer of The Outlier Project, contributing author in the Standing O! book series, self-care coach, entrepreneur, mother & more. Kathy grew up near Buffalo, NY (Go Bills!) and now lives on the Connecticut Shoreline where she loves to spend her time by the beach. Watch her TEDx ("The Choices We Make") and learn more about true self-care and healing from codependency at MySelfCareShit.com.

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MY SELF CARE SH*T

The Workbook

By Kathy Leckey

Your Name

"Self-care is so important to showing up as the best version of yourself. Kathy has created a unique workbook that you'll refer back to constantly."

— Heather Monahan, 2x Bestselling Author, Top 50 Keynote Speaker, Top 100 Podcast: "Creating Confidence", CEO

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MY SELF CARE SH*T

Can't find yourself? Look inside.

- Don't know what to do when you finally have free time?
- Know what everyone else loves and wants, except for you?
- Want to start practicing self-care, but don't know where to start?
- Struggling with feeling lonely?
- Are you a people pleaser?
- Looking everywhere but still can't find yourself?

Fill out the pages in this book to connect to yourself and find out what you like, think, need, and want. As you get to know yourself better, you begin to improve relationships in all areas of life; work, friends, children, romantic, family, money, food, and especially the one with yourself.

"The only way for me to be my best team player is to know what I need to shine. For so long I was always wondering what I could do to help others be their best and it took a toll on me. Self-care is an ever-evolving journey, and Kathy Leckey provides a look at how to narrow the focus to what YOU need to be your best self so you can ENJOY all the moments the we need to fulfill ME and WE."

Brandi Chastain, 2x Olympic Gold Medalist, 2x World Cup Champion, National Soccer Hall of Fame

Kathy Leckey is a TEDx speaker, contributing author in the Standing O! book series, coach of "Healing From Codependency", entrepreneur and mother & more. Having coached hundreds of classes focused on self-care, she realized the need for one place to keep all of the lists that make up who we are. Kathy grew up near Buffalo, NY (Go Bills!) and now lives on the Connecticut Shoreline where she spends a lot of her time by the beach. Watch her TEDx talk ("The Choices We Make") and learn more about self-care and healing from codependency at MySelfCareShit.com.

Brandi Chastain

KATHY

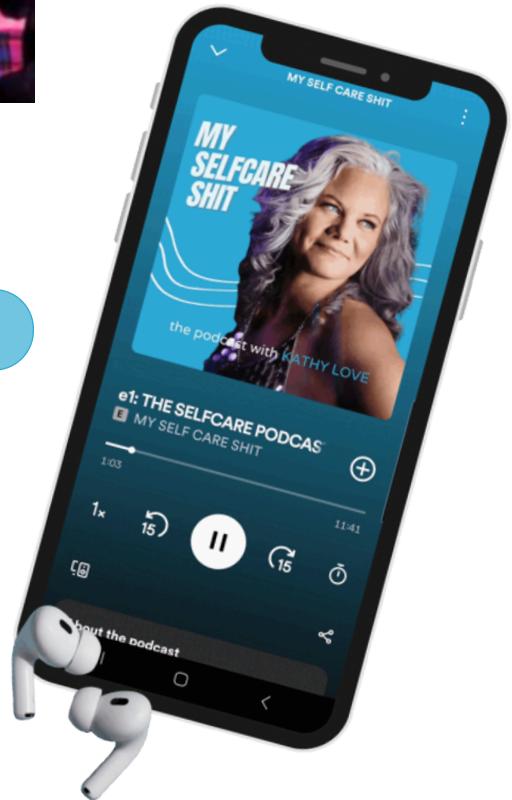
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TEDX "THE CHOICES WE MAKE"



PODCAST



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SOCIAL MEDIA



IN THE NEWS

PERSON OF THE WEEK, BY PAM JOHNSON
MY SELF CARE SH*T: A SELF CARE WORKBOOK BY
KATHY LECKEY

MySelfCareShit.com

PLEASE PROVIDE YOUR MAILING ADDRESS SO I CAN
SEND YOU A THANK YOU FOR HAVING ME ON YOUR
PODCAST!

KATHY@MYSELFCARESHIT.COM/203-627-2686

KATHY

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FUN FACTS

- I have been present for the births of two babies-(other than my own 3 kids)
- I have seen the sunrise over the Grand Canyon.
- I have had a guitar for 25 years and cannot play. Scott and I would make a terrible duet.
- I have seen U2 and Liberace in concert, not at the same time.
- I love chocolate and peanut butter, especially when they accidentally get mixed together.
- I used to drive a 14 passenger Tour Bus at Niagara Falls.
- I was a speaker at the 2014 TEDxYouth at Buffalo Conference.
- Earth day is my favorite holiday.
- “The Office” still makes me laugh out loud.
- I never text lol, always hahahaha.
- If I could have two wishes, they would be to be able to sing and swim.
- Someday I would love to swim with dolphins.
- Two awards I am most proud of: Ice Cream Scooper of the Month at Friendly's in college and a Green Peace essay contest to Save the Seals in 5th grade..
- I volunteered with the Red Cross for 3 weeks in Miami after Hurricane Andrew.
- I always wanted to join the Peace Corps.
- I love the Foo Fighters.
- I once joined a support group for sugar addicts, where we fought our addiction “one day at a time.”
- My happy place is a campfire on a beach at sunset.
- I coached the Yankees for one winning season of t-ball.
- I am full of gratitude.