

SPIRITUALITY MEETS PRACTICALITY

Kathy Bennett, Founder of Inside Answers, will empower your audience with practical, spiritual tools for living the life they want and inspire them with her warm, enthusiastic delivery.

Kathy Bennett began her career as a Mechanical Engineer. Because of this scientific background, as she developed her spiritual practices she was drawn to modalities that could be applied to every day life with visible results. Throughout her years of study and working with clients, she has combined, refined and created a set of exercises and tools based on personal spirituality that empower her clients to become their own best resource. Kathy believes that spirituality can and should make our lives better, and her teachings complement any spiritual path. All that is required to utilize her practices is a belief, or a desire to believe, in a higher power that connects us all.

What sets Kathy apart is her passion to equip others with the skills and knowledge to find their own answers and guidance. Her driving principle is that learning and healing can be fun and joyful, as well as productive and life changing. She knows the importance of integrating mind, body and spirit, and accordingly, her effective teaching style engages the audience with interactive experiences.

IPS (Inner Positioning System)© is the cornerstone of all of Kathy's methods. Your IPS acts as a personal guidance system, and this concept can be very powerful when taught in the context of a specific purpose. In the broader sense, this practice can help clients to:

- Achieve clarity, insight and direction
- Reduce stress
- Overcome adversity
- Discover personal talents and strengths
- Improve relationships

We can all benefit from an increase in these qualities which lead to a sense of well-being, purpose, fulfillment and community.



For more information, please visit www.Inside-Answers.com

Kathy's teachings can be applied to almost any situation or challenge, and she will customize the focus to your group's specific needs. Following is a sample of topics from prior speeches and workshops:

- Decision-making
- Prioritizing
- Parenting
- Transforming negative thoughts
- Improving communication
- Freeing creativity
- Building confidence
- Creating change
- Stress reduction

Whether you are looking for a dynamic speaker, wanting to create a unique event, or plan a multi-day workshop, Kathy welcomes the opportunity to discuss your group's specific goals and needs.

"Kathy is able to address big, difficult topics and then bring it all down to a few things to do to put the concepts into action. Any one of Kathy's ideas has the power to transform us, yet she's got a seemingly endless supply of them."

~ Samantha Hartley
Enlightened Marketing

"I highly recommend Kathy to anyone who has a goal or challenge in their life that they have struggled to obtain or overcome."

~ Debi Nuccio
Media Mosaics

"Kathy's genuine love powers the whole experience and her content is so clear and right on point. When she calls her business "Inside Answers", that is the perfect description. It is that inner shift that allows you to change your actions. If you don't do something on the inside, then everything on the outside is going to be the same."

"Kathy has an incredible heart, a great sense of humor. She is just relaxed and a lot of fun to be around and extremely genuine. That quality just allows her to connect with so many people."

~ Catherine Greene

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