

KEEP WALKING . . . YOUR HEART WILL CATCH UP

CATHAY RETA
SPEAKER / AUTHOR



Transformational Lessons for Your Journey to Hope

Speaking Topics

for women's groups, professionals, churches, bereavement groups, wellness groups, etc. Topics for live and virtual keynotes, seminars, workshops, and podcasts include:

- **Get Real. Move from Illusion to Reality to Find Your True Purpose.**
- **Get in the Game - Life is Not a Spectator Sport!**
- **Living After Loss - The Journey to Healing and Hope**
- **Hardship. Sometimes It's the Most Direct Path to Hope**

About Cathay Reta

After the loss of her husband of 33 years, Cathay Reta walked 251 miles across northern Spain on the old pilgrimage trail, the Camino de Santiago (The Way of St. James.) She rediscovered herself and found the courage to follow her purpose. Cathay began to listen to her inner voice for definitive focus and change.

Now Cathay is helping others who struggle to tune in to their inner voice to find their passion, to know their purpose and live more fully. Her life experiences, expertise, books and speaking engagements are filled with life-learned lessons on confidence and light-filled living.

Cathay's mantra is: You can do anything. You're unstoppable, You're amazing! It's time to step up and own it!



Testimonials

"Cathay is so thought-provoking while also being hopeful. This is what true self-awareness and enlightenment look like. Humanity is longing for inspiration like this."

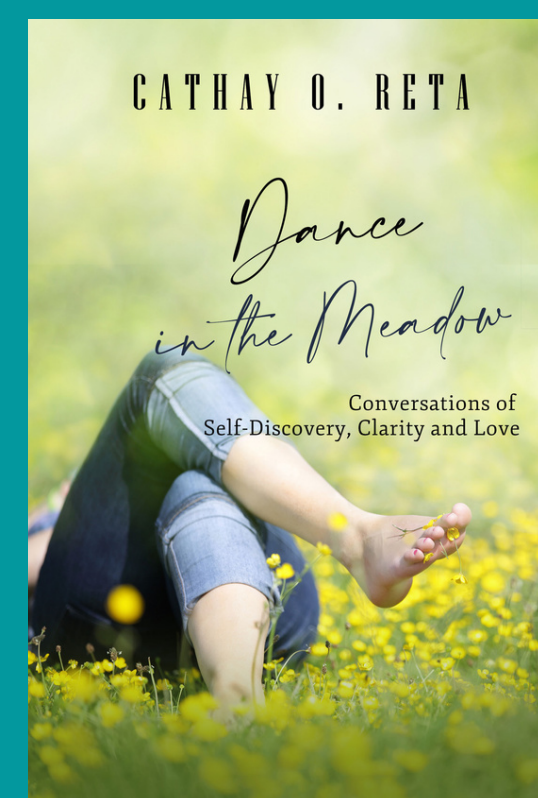
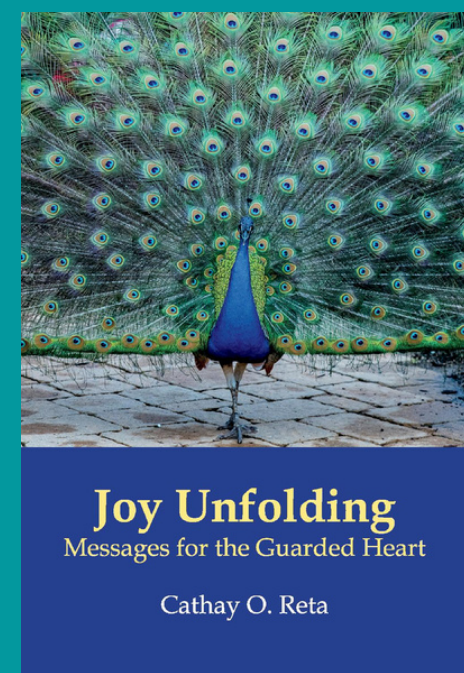
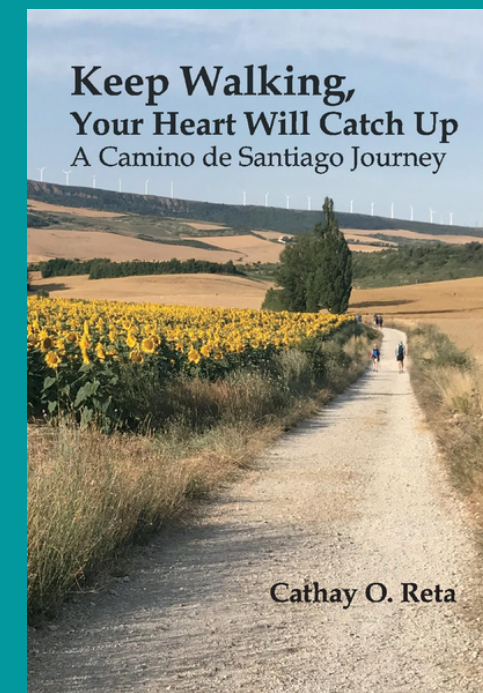
-- Katharyn O. Muniz, Chief Executive Officer at Orange County Conservation Corps

"Cathay is authentic in what she shares and every time someone is authentic, they're helping someone else overcome their fears and shame for having felt the same way"

-- Jack Canfield, Co-Author of the bestselling Chicken Soup for the Soul series and pioneer in Personal Development and Peak Performance

"I find it hard to finish most books I start, but Keep Walking held my interest. It left me feeling uplifted and brave, as if I could also do things that seem beyond my ability and beyond my comfort zone."

-- Rachel Engdall, digital product designer



**CATHAY RETA IS
A POWERHOUSE
INSPIRATIONAL
SPEAKER FOR
YOUR NEXT
EVENT.**