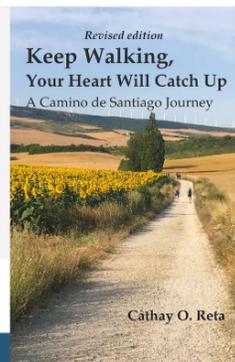
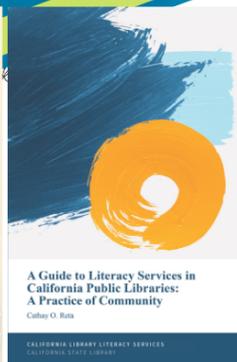
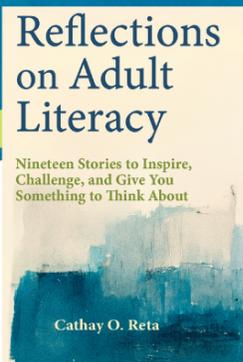


# CATHAY O. RETA

## SPEAKER / AUTHOR



## REACH BEYOND WHAT YOU EVER THOUGHT POSSIBLE

Speaking topics for live and virtual keynotes, seminars, workshops, and podcasts include the following, but it doesn't end here. Cathay can customize a program for your group.

- **Empowerment: It's an Inside Job**
- **Our Identity is Wrapped in Our Words: What's Your Power Word?**
- **Vision Boards That Unlock Your Dreams, and the Mistakes That Derail Them**
- **Bed Bugs, Blisters, and Solitude: Sometimes Hardship is the Most Direct Path to Hope**
- **Find Your Why: A Blueprint for Living Big**

## About Cathay Reta

Cathay Reta is an accomplished speaker, educator, and author with over 40 years of leadership in adult literacy, shaping programs at local, state, and national levels. With a B.A. in Music and a lifelong commitment to personal growth, she is known for transforming lived experiences into meaningful lessons that inspire purpose and resilience.

After losing her husband, Cathay walked the 483-mile Camino de Santiago pilgrimage across northern Spain, alone, at age 64. That journey became a profound turning point, renewing her sense of identity and calling her to help others navigate change with courage and authenticity. Cathay empowers audiences to rediscover their strength and reconnect with what truly matters.

### Cathay's mantra:

Keep walking . . .  
You can do anything.  
You are unstoppable.  
You are amazing!



## What People are Saying

"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 E.

"I not only learned a lot in Cathay's workshop, I also laughed so hard my face hurt."

- Valerie R.

"Cathay is an inspiration. Not only can she tell a story, she tells it in a way that you want to become involved. She inspires one to stand up and be counted."

- Gary S.

"Cathay is so thought-provoking . . . Humanity is longing for inspiration like this."

- Katharyn M.