

# Katheryn L. Olsen

## "Coach Kat"

Self-Mastery Coach For Entrepreneurs

Speaker | Author | Trainer | Coach | Consultant



### S.O.S.

## Success Or Sabotage™

### Keynotes, Bootcamps, Breakouts, Retreats, Seminars

- ◆ **Entrepreneurial Mindset vs. Employee Mindset**  
*How to be better self-guided and recognize where your mindset REALLY is and claim ownership of your success.*
- ◆ **2 Critical Tools of a Successful Entrepreneur**  
*How and WHY to use time management and a journal as powerful and critical tools to take charge of your business AND life.*
- ◆ **Law of Vibrational Theory®**  
*The 7 steps to harness this law and manifest ALL that you desire in life. The law of attraction is a simplified version of this law.*
- ◆ **Focused Expansion Rule®**  
*The 1 rule to follow and HOW to follow it in order to harness the Law of Vibrational Theory®. Expansion vs. Contraction.*
- ◆ **The Key Areas in Which You Self-Sabotage**  
*How to better identify where and how you self-sabotage your own efforts and delay your own success.*
- ◆ **Change Your Verbiage—Reprogram Your Brain**  
*The phrases that weaken your power and the replacement phrases to create new neuropathways in your brain to achieve self-mastery and success.*
- ◆ **Become a "Left-Column" Person**  
*A written exercise involving the audience in which we identify their positive and negative thought patterns and how to focus on the positive thoughts.*
- ◆ **The 4 "itty" Words That Make A Massive Difference**  
*How to remove doubts about ability, believability, deservability and permissibility and achieve beyond all personal expectations.*

### Audiences & What They Will Learn

#### Ideal Audiences

- ◆ Corporate Management
- ◆ Network Marketing Co's
- ◆ Women Business Owners
- ◆ Colleges and Universities
- ◆ Online Marketers
- ◆ Public Speakers
- ◆ Consultants & Coaches
- ◆ Technology Co's
- ◆ Corporate Executives
- ◆ Heart-Centered Entrepreneurs
- ◆ Professional Organizations
- ◆ Real Estate Professionals
- ◆ Author's Organizations
- ◆ Information Marketers
- ◆ Law Firms and Legal Co's
- ◆ Insurance Co's

#### The Take-Aways

- ◆ Learn how to take control and ownership of your business and life permanently through a definitive change in mindset
- ◆ Learn how to use the 2 tools of a successful entrepreneur effectively and why these 2 tools are SO critical to your life-long success and evolution
- ◆ Learn the 7 steps to the Law of Vibrational Theory® and how it creates automatic success using the Focused Expansion Rule®
- ◆ How to replace disempowering terminology with empowering terminology and reprogram your brain on a biological level for the entrepreneurial mindset
- ◆ ...and much more customized to your group's needs

### Partial Client List

Enlightened Wealth Institute ◆ The Success Academy ◆ Net Success Coach ◆ Persuasion Institute ◆ Pre-Paid Legal Services, Inc.

Book Coach Kat For Your Next Event:

call: 801.564.9505  
visit: [SuccessOrSabotage.com](http://SuccessOrSabotage.com)  
email: [BookingAgent@SuccessOrSabotage.com](mailto:BookingAgent@SuccessOrSabotage.com)



[/SuccessOrSabotage](https://www.facebook.com/SuccessOrSabotage)



[/SuccessSabotage](https://twitter.com/SuccessSabotage)



[Linkedin/in/CoachKat](https://www.linkedin.com/company/CoachKat)



[/SuccessOrSabotage](https://www.youtube.com/channel/UC...)



[plus.google.com](https://www.google.com)  
[/106817255346421895765](https://www.google.com/+SuccessOrSabotage)



[www.SuccessOrSabotage.com/feed](http://www.SuccessOrSabotage.com/feed)

## About Coach Kat

Katheryn L. Olsen has over 17 years life coaching experience, startup business consulting experience, and internet business building, marketing and training experience. She has been a mentor to thousands over the years.

Katheryn was appointed the lead head coach for Robert Allen's Inner Wealth mentoring program which spanned 18 months. She injected her S.O.S. principles to assist the clients in getting out of their own way and helping them avoid self-sabotage as they achieved more balance in the areas of "body, brain, being, time, people and money."

In addition, she has developed, launched and published a variety of copyrighted internet educational curricula, such as "Getting Traffic to Come to You," where she teaches you how to get 104 – 500+ unique visitors a day to your blog in 29 days, from nothing. She has also developed a video and audio series around this same book.

She has successfully consulted individuals and business owners internationally such as Ritchie Hale of ELAH Group, in all phases of internet marketing strategies, all while identifying how and why her clients seem to get in their own way.

She has discovered the Focused Expansion Rule<sup>®</sup>. In doing so, she has effectively brought together effective systems of self-analysis and practical, down-to-earth exercises to assist entrepreneurs in getting out of their own way.

This leads to an effective and powerful harnessing of the Law of Vibrational Theory<sup>®</sup>.

She has coached Olympic Gold Medalists, best-selling authors such as Cynthia Daddona, successful CEO's, construction workers, nurses, website designers, university marketing directors, internet business gurus, authors, info-preneurs, real estate investors and agents, restaurant owners, graphic artists, eBay merchants, event planners, network marketers, home-based businesses, stay-at-home moms and even other successful coaches.

Kat has been featured over the years in Chamber of Commerce publications, as well as online international publications such as Examiner.com, writing and publishing articles on how to launch and improve business on the internet as well as the self-help industry.

She is a member of the Davis Chamber of Commerce and a Founding Premier Member of the Women Speakers Association.



*"Just wanted to thank you for all of your excellent guidance! You jump started us into another realm of success and made it fun. Thank you for your enthusiasm, insights, wisdom, examples and guidance."*

*"We shall continue with our growth and we look forward to showing you our progress and success along the way. We both wish you continued success."*



**Cynthia Dadonna**  
On-Air Personality  
Author of "Diary of A Modern Day Goddess," An Amazon.com Top Seller

*"Having been trained by Coach Kat, we put in place all that she taught and here is the result from one 48-hour campaign."*

*"We ran a web marketing exercise against 1050 subscribers on our quilting double opt-in list. We sold 91 sets of DVDs at \$155 each earning ourselves \$14,105! Thanks loads for your guidance!"*

**Ritchie Hale, ELAH Group Ltd., Australia**



*"Unique, terrific, and one-of-a kind! Coach Kat has a clever knack for expressing some profound and important ideas about self-sabotage in a down-to-earth way. People who are serious about breaking past their limitations and into the success they deserve can learn a lot by studying this book. I know I did."*

**Erfan Hettini, America's Ambassador of Entrepreneurship and the author of "101 Reasons You Should Fire Your Employer & Start Your Own Business"**



- ⇒ Keynotes
- ⇒ 1/2-Day
- ⇒ Full-Day
- ⇒ Multi-Day
- ⇒ Custom

**Book Coach Kat For Your Next Event:**

call: 801.564.9505

visit: [www.SuccessOrSabotage.com](http://www.SuccessOrSabotage.com)

email: [BookingAgent@SuccessOrSabotage.com](mailto:BookingAgent@SuccessOrSabotage.com)