



KEYNOTE SPEAKER WORK-LIFE BALANCE LEADER



CC SUTTON WORKS WITH ORGANIZATIONS THAT WANT THEIR EMPLOYEES TO HAVE BETTER WORK-LIFE BALANCE IN ORDER TO INCREASE ENGAGEMENT, PRODUCTIVITY & PROFITS.

ABOUT CC

When organizations want to move the needle from distracted & disconnected to efficient & engaged, they call on CC Sutton! She works with organizations that want their employees to have better work-life balance in order to increase engagement, productivity and profits. CC is a dynamic communicator and highly sought after speaker by Fortune 100 companies and professional associations. Her talks and seminars have been credited as engaging, energizing and impactful. With her straight-forward and humorous approach, attendees walk away excited, equipped and ready to execute!

WHAT CLIENTS HAVE TO SAY

CC is a dynamo!!! She **captivated the audience** in a way few speakers do. She was engaging and the information she provided was clear and actionable. Her **energy and passion** to help others is contagious. If you have the opportunity to have her speak to your group, take it! She is an asset to any event.

DENISE HAMILTON, Founder, Watch Her Work

CC did an amazing job with our Houston Women's Employee Resource Group. We loved the conversation with her about Work Life Balance and the recommendation about self-care. I highly recommend her as a speaker for your next team event!

NYRMIN QUINTERO, Digital Transformation Director, Microsoft

CC is a stellar speaker for any keynote. She is full of energy, **keeps everyone totally engaged**. I was on the edge of my seat before she'd finished her introduction. She was **memorable and interactive** (even with a group of 300+). I loved the way she incorporated technology. If you need something as compelling as a TED Talk, that's **interactive and energizing**, and perfectly on time, CC is the first one you should call.

SOPHY ASHWORTH, Marketing Consultant

I would highly recommend CC's work and we would have her back with us again. Her ability to translate a vision we had for this workshop into a reality with extremely high caliber participants and extremely engaged discussion was a game changer, both personally and professionally for our organization.

DEANNA JONES, VP Human Resources, Marathon Oil Company

MOST REQUESTED KEYNOTES

WORK-LIFE RHYTHM: FINDING THE KEY TO STAYING ON BEAT WITHOUT THE BURNOUT

- Discover how to establish a work-life rhythm that reduces burnout, increases productivity, and improves engagement
- Find out how to achieve more by delegating, setting boundaries and eliminating time wasters
- Unlock mobile apps that save you time and energy
- Uncover unutilized time in your schedule to allocate for self-care

THE FREEDOM TO TRY, THE COURAGE TO QUIT

- Get unstuck and break through the roadblocks stalling your next big move
- Uncover the *real* monsters that have you afraid to take action
- Regain power over the mental & external forces holding you back
- Master the fear and become a grit-filled risk-taker

BOOK CC

www.ccsutton.com 281-804-9437

"66% of working Americans struggle with work-life balance. Smart organizations know that in order to maximize productivity, they must address it from a wholistic approach, focusing on work AND home life challenges."

MEET CC

This veteran Speaker and HR Professional knows what it feels like to chase "the magical unicorn". After several years of feeling overwhelmed, overworked, and over it all, she finally established harmony in her work and home life... and she now teaches others her secrets to work-life rhythm! In her toolbox of humor and relatable life experiences, she pulls out simple solutions to help working professionals take back control of their time, energy and productivity.

A 13-year professional speaker and certified John C. Maxwell Speaker, Coach & Trainer, organizations call on CC to help them move the needle from distracted & disconnected to efficient & engaged!

EDUCATION & CERTIFICATIONS

- John C. Maxwell Certified Speaker, Coach & Trainer
- Certified Life & Relationship Coach
- Certified Human Resources Professional (PHR)
- B.A. in Corporate Communications, University of Houston



PRESS PLAY TO WATCH CC IN ACTION!

AS FEATURED ON



CLIENTS



"Lifting As We Climb"



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