

Jean Caton

The Business Women's Coach

Speaker for Professional Women



About Jean Caton

Jean has been a pioneer in the world of women in business careers. She learned what it takes to succeed during her 20 years as a marketing executive for four Fortune 500 companies and now as a small business owner. She is a popular speaker who informs, motivates, inspires, and coaches the audience. Invite Jean to speak to your organization, company, or at your annual meeting.

To learn more about Jean visit www.Jeancaton.net or e-mail speaker@JeanCaton.net

Jean's Most Popular Topics

Market Yourself to The Top! Find out how to shine the spotlight on your accomplishments to enhance your success - without 'bragging.' Discover the secrets of authentic, comfortable self-marketing that will earn you a promotion, land a job, attract clients, close sales, earn more money. Never be overlooked for a job again. Get Ten Self-Marketing Tips; learn a critical business success skill that some embrace others fear.

Entrepreneur or Corporate Climber: What it really takes to succeed. Find out how personality affects your career success and satisfaction and how to not stay stuck in the wrong career doing what you should not what you could. Are you an entrepreneur or corporate climber...Map your personal best career path!

Successfully Speaking: Improve your communication skills to enhance your professional image Learn how to improve your speaking skills, reduce the nerves, and be a more confident speaker - one to one, in meetings and virtually (teleconference, webinar). Be more comfortable and effective speaking from the stage. Find out how to speak up in meeting and be heard. Speak in a way that says leader & expert.

Contact Jean to invite her to speak or to learn more about these and other topics.
speaker@JeanCaton.net 314.807.6328

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A Sample of Jean's Speaking Engagements

ADA FNCE CONFERENCES
ALLSUP, INC.
SOCIETY FOR WOMEN ENGINEERS
BARNES HOSPITAL
BETA GAMMA SIGMA INTERNATIONAL SOCIETY
HEALTHCARE BUSINESS WOMEN'S ASSOCIATION GLOBAL CONFERENCE
WOMEN IN LEADERSHIP JOHN COOK SCHOOL OF BUSINESS
ST LOUIS UNIVERSITY
FLORIDA, MISSOURI, MICHIGAN DIETETIC ANNUAL CONFERENCES
HUSCH BLACKWELL SANDERS LLP - TRUE NORTH CONFERENCES
DA VITA, INC.
FOX ASSOCIATES

What People Say about Jean

"She is a gold mine of life and work experience which reveals itself in her skillful coaching and speaking."

Pat Katepoo WorkOptions.com FlexibleWorkLife.com

"Jean promotes, empowers, and inspires. She offers a prospective that is fresh, but experienced. She understands where you are coming from and knows how to get you to where you want to be. Her talks involve the audience and really challenge them to think and question. Jean is a phenomenal speaker who will motivate you to follow your passion and accomplish your goals." Suzanne Doerries Nutrition and Fitness Expert

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Additional Topics

Got Leadership? Find out what it takes to be recognized as having leadership *potential* instead of hearing 'not quite ready.' Learn how to look, act, and sound like a leader and expert and how to overcome those inner fears that limit your success. Participants will learn how develop their professional development plan.

Jean speaks to and coaches professional women who want to turbocharge their careers by sharpening their business savvy, breaking through barriers that prevent them from landing top jobs and earning the income they deserve. She helps them recognize and overcome inner fears and self doubts, strengthen their professional image, learn to speak and act like the expert they are and market themselves to get recognized for their accomplishments in a *lovely way* that is not seen as 'bragging.'

Get A Grip! Take care of yourself too! We are all so 'crazy busy' these days. Work-Life balance seems impossible for most professional women and men. However it is possible to reduce stress and avoid overwhelm - and it is critical to do so. Find out how how to create a "not to do" list. Realize you deserve to say NO more often so you can say YES to the most important things you need to get done. Prioritize your time for activity aligned with your top values.

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