

# Katrina Houghton

Motivational Speaker ● Inspiration Leader ● Consultant

**Katrina has a passion for coaching leaders to ultimate wellness. With a love for speaking and decades of experience in coaching women to success, she enriches lives by teaching ways to embrace life, thrive and most importantly love who you are, who you've become, and where you are headed.**

**Katrina is a certified Health and Life Coach, Reiki Master and Reflexologist. She genuinely wants what is best for you in your health, home, and career.**



## SIGNATURE TOPICS

- ✓ Hack Your Happiness
- ✓ Four Ways to Get More From Your Life
- ✓ How to Kick the Sugar Habit
- ✓ How to Detox and Reset Your Metabolism

"You provide a safe space to share and more importantly for growth"

"One of the most amazing life coach I've worked with. Right from the beginning, she caused a shift in my thinking."

"She is with you every step of the way, guiding and leading you to better health and wellness"

## Contact Details

✉ [katrina@totalleadershipcenter.com](mailto:katrina@totalleadershipcenter.com)



[www.totalleadershipcenter.com](http://www.totalleadershipcenter.com)



506-999-6802