

Cate Collins: Powerhouse Leadership Starts with You

**Reclaim Your Energy. Reset Your Boundaries.
Reignite Your Leadership.**

Did you know that over 60% of employees in the not-for-profit sector report experiencing burnout?

Organizations investing in leadership development see up to a 30% increase in employee engagement and a 25% reduction in turnover.

I help high-performing leaders rise from burnout and lead with clarity, calm, and courage—without sacrificing their wellbeing.



Are you a not-for-profit or organizational leader navigating constant demands?

Let Cate be your guide to leading with resilience and compassion—unlocking:

- ✓ **Laser-focused strategic thinking**
- ✓ **Clear, confident communication** at every level
- ✓ **Proven change management skills**
- ✓ **The ability to protect your time and energy**

Empower yourself to lead with clarity, strength, and purpose.

My Signature Approach: The 4 Rooms Resilient Formula™

Grounded in over 20 years of experience in leadership development, and mental health counseling, my framework is holistic and practical. We work across four core rooms of your life and leadership:

- 01 Mental:** Identify self-sabotaging patterns, rewiring beliefs, fostering strategic thinking and resilient mindset
- 02 Emotional:** Regulating emotions, strengthening boundaries, building self-awareness and conflict resolution
- 03 Physical:** Energy management, daily healthy habits, perfecting focus techniques to be more productive
- 04 Spiritual:** Realigning with purpose, values, and cultivating leadership confidence

This is the foundation of my book *The Powerhouse in You*, and the blueprint I use in every coaching session, team retreat, and keynote.



Ways We Can Work Together

Leadership Coaching

For high-performing individuals ready to lead with more clarity, energy, and confidence.
Confidential. Strategic. Compassionately leading.

1:1 sessions tailored to your leadership goals

Burnout recovery & wellbeing strategies

Tools for decision-making, boundaries,
and imposter syndrome

Cultivating leadership confidence

Team Leadership Retreats

Customized workshops and retreats that reignite trust, strengthen communication, and address the real dynamics impacting performance.

Pre-retreat discovery + confidential interviews

Customized facilitation
(full-day to 2-day formats)

Interactive sessions on feedback, conflict,
resilience & wellbeing

Follow-up coaching and resources for integration

Speaking & Facilitation

Keynotes and workshops that move hearts and minds—on burnout, resilience, values-based leadership, and courageous conversations.

Popular topics:

Ignite the Powerhouse in You: How to Lead with
greater Resilience, Courage and Confidence

Is your Leadership underwear too tight?
Learn the Letting Go Formula

Build a Highly Engaged Workforce

"Cate has a rare ability to read a room and shift the energy with honesty, care, and clarity. She names the hard stuff—but makes it safe to face."



Trusted By:

- US Army
- Ontario Shores Centre for Mental Health Sciences
- OMGMA
(Ontario Medical Group Management Association)
- Ministry of Finance
- NFDA (National Funeral Directors Association)
- Community Living Organizations across Canada

Case Study Snapshot: Janet's Recovery & Return to Power

Janet, a CEO in the community services sector, reached out while on stress leave—burned out from years of nonstop leadership under intense pressure.

Together, we:

- Identified the burnout triggers and perfectionist patterns driving her exhaustion
- Created a customized resilience plan using my 4 Rooms framework
- Rebuilt her confidence and self-trust through structured coaching
- Established clear boundaries and sustainable leadership habits

THE RESULT

Janet returned to work grounded, focused, and energized—with a new sense of purpose and permission to lead from wholeness, not depletion.

What Clients Say

"Cate has been working with my organization for the past 15 years, with transformative results. She has inspired me to own my power by prioritizing my health and self-care as I lead others. I highly recommend her as a retreat facilitator, leadership coach and keynote speaker. Her book was transformative."

Terri Gray

Executive Director
Community Living Oshawa | Clarington

"I'm so impressed by Cate, I had her coach each of my team members. She helped me reclaim my power at work—especially during massive change. She is gifted at what she does."

Dr. Karima Velji

Assistant Deputy Minister
Ministry of Health (Ontario)

"Cate's approach is refreshingly authentic and practical. She has an incredible ability to connect with people and guide them toward meaningful change."

Lynne Davis

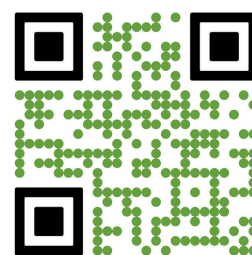
Executive Director
Couchiching Family Health Team

Let's Begin. You Don't Have to Do It Alone.

Whether you're one decision away from burnout—or already in it—you don't have to carry it all by yourself. Let's build a more sustainable, human way to lead—together.

 www.powerfuljourney.com

 catecollins@powerfuljourney.com



SCAN ME