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Productivity strategist, coach and author Cathy Sexton helps individuals and organizations I.G.N.I.T.E. their performance. Delivering high impact principles through speaking, training and special resources, Cathy empowers people to achieve their life and business goals.

Cathy founded *The Productivity Experts* in 2003 after winning her own battle with workaholism and a stress-induced life threatening illness. Cathy is committed to helping people accomplish more, with less stress. Professionals can now advance their careers, avoid burnout and spend more quality time with their family and personal lives.

Cathy's Six Easy Key Processes, are taught through her seminars and her unique I.G.N.I.T.E. programs. Attendees and participants learn how to take control of their thoughts, processes and tools to achieve better results, faster.

Host of "Ignite Your Productivity Radio", Co-author of "*Focus, Organization and Productivity*," "*Exploring Productivity*" and "*7 Point Impact*," Cathy is now working on two more books and delivering remarkable value through her productivity membership website.

Cathy's past and current professional affiliations include Member of National Speakers Association (NSA), The Network for Productivity Excellence (NPEX), Experts for Entrepreneurs (e4e), National Association of Professional Organizers (NAPO) St. Louis Chapter, the American Society of Training and Development (ASTD), Mastermind Network of St. Louis and the Fenton Chamber of Commerce Board Member. She has been featured in Entrepreneur Magazine, Return on Performance Magazine, St. Louis Post Dispatch, St. Louis Small Business Journal, St. Louis Business Journal, Lawyers Weekly, It's Your Biz, the St. Louis Women's Journal, NBC affiliate, MPR Radio and KSDS TV.

Recognized as the Small Business of the Year in 2006 by the Fenton Chamber of Commerce, Cathy was nominated for SBA Financial Services Champion of the Year in both 2005 and 2006. She is a Certified Productivity Trainer, and Certified Life Style Design Coach with Noah St. John. Graduate of the National Recognized Women Entrepreneur Program through St. Louis Community College, and a current facilitator and instructor for this program.