



Cathy Sexton
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Intro - Cathy Sexton

Productivity strategist, coach, radio host 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 is a co-author of "***Focus, Organization and Productivity***," "***Exploring Productivity***," "***Seven Points of Impact***," and currently working on two other books. Her productivity membership site allows individuals to access productivity and personal development tools 24/7 so they can "***Ignite their productivity and accelerate their results.***"

Despite her constant experimentation with new technologies, Cathy's favorite productivity tool is using multiple monitors and remains grateful to who ever invented luggage on wheels.

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