



"I have had the great pleasure of working with Catherine for three years helping healthcare organizations improve performance and quality outcomes. Catherine will never settle for just good enough and she knows how to bring out the best in her audience.

She is crisp, dynamic and authentic and she has a great sense of humor. Her structured, easy to learn approach makes for clear, effective and memorable presentations.

Catherine is an expert in team function and employee engagement and I would not hesitate to recommend anyone looking to hire a real professional."

*Rory Walker
VP, Business Development
Salus Global Corporation*

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DrCatherineHansen.com

A PROGRAM FOR WOMEN LEADERS

To Realize Their Full Potential in the Workplace & Beyond

Professional women face unique challenges that hinder their fulfillment and advancement. While progress has been made in increasing their representation, there is still a sense of something missing. Despite changing structures and systems, many women feel overextended and lack joy, driven by external measures of achievement while losing their true selves in the process. This program, led by Dr. Hansen, offers tangible tools and practices to empower women to reclaim their presence, power, confidence, and creativity. By investing in women's development, organizations can tap into the immense value of their female workforce, fostering happiness and unlocking their full potential.

THE EMPOWERED WOMEN'S CIRCLE

Harnessing the Power of Community to Foster Connection, Ignite Creativity & Cultivate Confidence in Women Leaders

Dr. Hansen leads the Empowered Women's Circle, a transformative program that leverages the strength of community, coaching, and connection to elevate and empower women leaders. As women gain guidance and support, they discover their brilliance, claim their power, and step fully into their potential. This program acknowledges and addresses the external forces that may perpetuate fear and invisibility among women, allowing them to overcome these challenges and thrive in their roles. The Circle is a safe place to reset & reclaim resilience & capacity allowing leaders to reconnect with a sense of purpose so they bring their highest contribution to personal and organizational mission, vision and values.

BENEFITS FOR ORGANIZATIONS

Investing in Women Leaders, the Bottom Line and the Big Picture

1. Enhanced Team Performance: When women are supported and empowered, their teams thrive.
2. Improved Workplace Culture: Investing in the professional development of women sends a powerful message about inclusivity and gender equity.
3. Increased Creativity and Innovation: Empowered women bring fresh perspectives, diverse insights, and innovative ideas to the table.
4. Retain Top Talent: Women face unique challenges that can be addressed by programming focused on preventing burnout & amplifying strengths.

Learn more: DrCatherineHansen.com/leadership

Catherine
HANSEN M.D.

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CLIENTS INCLUDE

Women'sHealth

U.S. News & World Report

iHeartRADIO

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pandia health

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GLOBAL
Working together to improve life.

Military Family
CANADIAN
MAGAZINE

* GALVESTON COUNTY *
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MFSF
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SERVICES PROGRAM
UNITED STATES

NASA

utmb Health



Dr. Hansen has been working with women for three decades, grounded in a singular mission to guide women to recenter, realign and reclaim their one precious life.

When women leaders are healthy, happy and replenished, creativity and innovation are catalyzed, fostering positive team culture and driving exceptional organizational outcomes.

Dr. Hansen completed a residency in Obstetrics and Gynecology in Canada followed by a Masters of Public Health at Johns Hopkins University and has worked in both private and academic practice. She brings a diverse set of skills, experiences and credentials to women-centered coaching, community development, engaging events, keynotes and experiential workshops.

The Empowered Women's Circle was founded as a global community that disrupts isolation and cultivates connection; motivating and supporting women to reclaim their authentic presence and professional power.

Married to Canadian Astronaut, Jeremy Hansen, the first Canadian to travel to the moon on Artemis II, they are blessed with three incredible children. The entire family enjoys outdoor life, quality time on the lake, and searching for satellites among the stars.

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"Your talk was delightfully refreshing in a sea of presentations that we routinely attend. You are very approachable, engaging and informative. You did an exceptional job creating a lasting impression that has impacted our entire team very profoundly. The entire office could not stop talking about how unique, informative & fun your program was!" *Kathleen Gutierrez NP-C, Lubbock Urology*