

Leadership Begins with Clarity

Helping leaders think clearly, lead confidently, and thrive through change.

Anne Catillaz

Leadership Speaker | Executive Coach



Today's leaders don't need more information, they need more clarity.

Stress clouds judgment, weakens communication, and makes it harder to lead with confidence. Anne equips leaders with practical tools rooted in emotional intelligence and mental fitness so they can lead with clarity—especially when it matters most.

Signature Programs

Change without Chaos

Leading through Change with Confidence and Clarity

- ✓ Understand how stress impacts leadership.
- ✓ Strengthen emotional intelligence.
- ✓ Learn practical tools for leading calmly under pressure.

The Resilience Advantage

Resilience is an Advantage – Helping Leaders Navigate Change Without Losing Themselves

- ✓ Build resilience.
- ✓ Reduce reactivity.
- ✓ Create trust during uncertainty.

Quieting Your Inner Critic

How Mental Fitness Unlocks Better Leadership

- ✓ Quiet self-doubt.
- ✓ Increase confidence.
- ✓ Respond instead of react.

"It isn't about having all the answers.

It's about creating the clarity that helps others discover theirs."

Meet Anne

For more than three decades, Anne Catillaz has had a front-row seat to leadership. She believes the most effective leaders aren't those with all the answers—they're the ones who create clarity for others.

Through engaging presentations grounded in emotional intelligence, neuroscience, and mental fitness, Anne equips leaders with practical tools they can put to work immediately.

Whether you're planning a conference, leadership retreat, association meeting, or lunch-and-learn, let's create an experience your audience will remember long after the event is over.

Ideal for:

Leadership Conferences | Professional Associations | SHRM | ATD | Corporate Lunch & Learns
Executive Retreats | Emerging Leaders

Because Clear Minds Lead Better Lives.

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