



KATHLEEN FORS

EMPOWERMENT 360 SUCCESS SYSTEM™

LEADING BEHAVIOR CHANGE &
MENTAL GAME EXPERT EMPOWERING
HIGH ACHIEVERS & ATHLETES TO
UNLOCK PEAK PERFORMANCE



SPEAKING TOPICS:

- The Science of Behavior Change: Creating Lasting Transformation.
- Mastering the Mental Game: How to Overcome Self-Sabotage.
- Harnessing the Mind-Body Connection for Optimal Health and Peak Performance.
- How to Create a High-Performance Mindset: Strategies for Success.
- Behavior Change Without Trying to Manage your Feelings, Actions and Results.

TO BOOK KATHLEEN:



512-689-2417



kathleen@kathleenfors.com



kathleenfors.com

“

*In only two sessions,
Kathleen cleared by yips
which I feel is phenomenal.*

-PROFESSIONAL GOLF COACH

*My transformation has taken
me to new heights I've never
thought possible.*

-A COMMON SENTIMENT VOICED
BY KATHLEEN'S CLIENTS

”

KATHLEEN FORS - CEO & FOUNDER, EMPOWERMENT 360 SUCCESS SYSTEM

Behavior Change & Mental Game Expert | Health & Well-Being Coach | Author | Speaker

Kathleen Fors is an accomplished Behavior Change and Mental Game Expert, health and well-being coach, author, and sought-after speaker. With over 30 years of experience in personal development and healing, Kathleen has created the Empowerment 360 Success System, a proven and holistic program that produces fast and lasting results for her clients.

Her signature system is designed to quickly identify and clear unconscious beliefs and behaviors that hinder success, empowering individuals to break through mental blocks and achieve their highest potential. Kathleen's diverse clientele includes high-performing athletes, C-suite executives, entrepreneurs, therapists, coaches, healers, and students.

Kathleen is also the author of *Introducing the Holistic Emotional Makeover Success System*, and her articles have been published in *CEO World Magazine*, where she also serves on the Executive Council. She has been featured as a guest on numerous podcasts, sharing her expertise in behavior change and emotional well-being.

In addition to her professional achievements, Kathleen is a champion athlete. She and her husband, Kenny Sawyer, have earned multiple senior medals in national competitions across tennis, pickleball, and golf. In 2024, Kathleen earned 10 medals (6 gold, 1 silver, 3 bronze) at the Huntsman World Senior Games.

Kathleen works virtually with clients worldwide, conducting sessions via Zoom. She and her husband reside in Carbondale, Colorado.

INTERVIEW TOPICS:

Overcoming Sabotaging Beliefs: The Path to Unlocking Unlimited Potential

A transformative guide to identifying and eliminating self-limiting beliefs to unlock one's full potential for success and happiness.

The Role of Emotional Health in Achieving Personal and Professional Goals

A timely discussion on how emotional well-being is crucial for success in all aspects of life.

How I Became a Winning Athlete at 70

Inspiring personal journey of defying age-related expectations, highlighting health, longevity, and success through physical activity.

Redefining Aging in Sports

A thought-provoking exploration of how athletic achievement can challenge and transform perceptions of aging.

Overcoming a 22-Year Binge Eating Disorder and a 5-Year Illness

A powerful story of resilience, recovery, and personal growth through overcoming long-term mental and physical health challenges.

Mental Resilience and Mindset Shifts

Insights into the mental strategies essential for overcoming challenges, staying motivated, and achieving peak performance.