

A Different Solution

Kathleen Gramzay, BCTMB

Wellness Educator, Author, Speaker



Pain is the elephant in the room we just live with. It robs individuals of focus, connection, creativity, and joy. It robs business of productivity and a dependable workforce. It's expensive for everyone - in time, money, physical health, and mental energy. New answers cannot be found in old paradigms. But they are found in the language of the body/mind.

When it comes to that language, Kathleen's personal and professional experience makes her an enthusiastic and engaging translator. If you are looking for practical, applicable information delivered through an interactive experience Kathleen Gramzay is the speaker for your event or group. Whether through Kinessage® workshops or speaking engagements, Kathleen tailors her presentations to be relevant to her varied audiences. Here are few examples:

Topics:

Businesses:

- The Productivity Thief – Is Chronic Tension Robbing Your Employees & Your Business?
- Taking the Bite out of Absenteeism
- Lessons From the Body/Mind—How to Work Better as a Team

Entrepreneurs:

- For Business Success, Partner With Yourself First!
- Your Body/Mind is Your Most Important Asset, Is it Appreciating or Depreciating?
- What Kind of a Boss Are You and How to Tell if Your Team is About to Mutiny

Healthcare Providers:

- The Power of Putting Your Own Mask On First
- Replenish the Well and Give from a Full Cup
- The Secret Weapon to Avoid Injury While Caring for Others

Women's Groups:

- Love It/Hate It: Make Friends With Your Body/Mind
- Don't Kill the Messenger, It's Just Bad Translation!

What Clients Say:

Learning how to clear the body of pain without medication is invaluable. Participants experienced how using simple movement and light touch quickly increased range of motion, released excess tension, and relieved their pain. I was personally surprised when I saw my own progress made in the brief time from the pre and post evaluation. It works!

Kathleen is highly professional and shared her expertise in a manner that everyone could identify with and understand. If you are looking for a program that empowers your employees to easily and quickly increase mobility and relieve their own pain and tension without medication or office visits, I recommend Kinessage®.

MaryAnn Sturm, Vice President Human Resources, CopperPoint Insurance Companies

To Book Kathleen:

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www.kathleengramzay.com



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Debilitating Muscular Pain is a Powerful Motivator.

Kathleen Gramzay became a soft-tissue and movement specialist out of necessity. Faced with either ending a 17-year-old massage therapy career or figuring out how to work smarter, Kathleen intuitively looked to the body instead of outside it for her pain relief answer. Her passion to understand movement led her to discover how to consciously direct it's built-in pain relief system to get and stay pain free. From that discovery, Kinessage® Self Care and Kinessage® Massage Through Movement were born.

Proven :

- Over a 16-year private practice
- With thousands of clients
- 8 years teaching her methods
- To hundreds of massage, occupational & physical therapists around the USA

Now for:

- Wellness-Conscious Organizations and Individuals seeking a holistic solution to
- Stress-related tension and chronic pain

Not only does partnering with the body/mind relieve physical pain, it has other powerful benefits that translate into greater well-being across both an organization and a person's life.

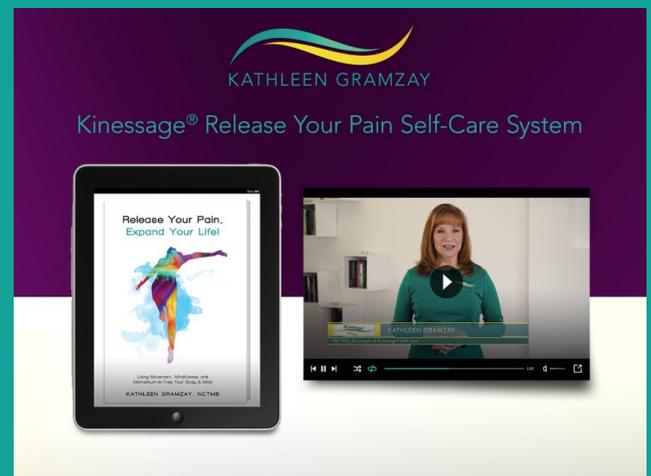
Partnering With the Body/Mind - Pain Relief and So Much More:

"The principles so critical in a smooth running business: awareness, communication, kindness and collaboration were experienced tangibly through our own minds and bodies. We came away not just with the greater connection and easier movement in ourselves but with greater connection and awareness of each other as a business family." - Dr. Kelly de Simone, Eye Priority

"The day was remarkable. Kathleen's professionalism and knowledge is impressive. What was really extraordinary was her ability to interact with our employees in a way that made them very comfortable."

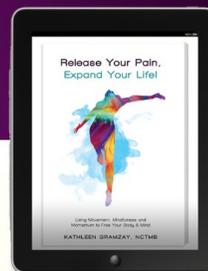
Finding creative ways to incentivize your team makes a difference and Kinessage® is one of those opportunities. This is an investment that has already paid significant returns and I'm sure will continue to do so."

- Bill DeBarba, President BWSI



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Kinessage® Release Your Pain Self-Care System



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