



# Catherine Carr

SPEAKER | WRITER | HUMANITARIAN

## DEEPENING CONNECTIONS IN THE WORKPLACE

Catherine shares first hand stories where everyday moments of heroism, heart, and hardship, combine to remind us that when we expand our perspectives, we can achieve more than we imagine.

## PRESENTATION TOPICS

Catherine's stories from her years serving **Doctors Without Borders** are universal and offer clarifying perspectives to issues faced in the workplace today.

### COMING FACE TO FACE WITH CULTURE

The heart-stopping story of running into a rebel fighter in an isolated hospital stairwell, in a country where women are never alone with men who aren't their relatives. The lessons drawn from that intense moment of wordless, cross-cultural understanding that passed between them teach us about forgiveness, tolerance, & acceptance.

**Themes:** Cultural Awareness, Communication, Managing Emotions

### IT'S NOT ABOUT THE GUNFIRE

At what point in a career does gunfire become a deal breaker? Living in chaotic and high-stress situations demands anticipating burnout and being real about what is real.

**Themes:** Stress Management, Burnout, Teambuilding, Chaos Management

### SUNRISE ON THE SUMMIT

Lessons on work and life picked up while on the path to the peak of Kilimanjaro. Step by itty-bitty step.

**Themes:** Adaptation, Perseverance, Focus, Teamwork

### Catherine will inspire your audience to:

- Create a culture of belonging
- Knock down walls of isolation
- Manage conflict and stress as a team
- Bring out the advantages that diversity brings
- Address concerns of loneliness
- Foster compassionate leadership

In 2009 Catherine packed up her MBA and SPHR, put her life in a storage unit, and joined the international humanitarian organization **Doctors Without Borders**. She then spent the next nine years working "in the field" with multi-cultural teams to serve populations in need throughout the world.

*I've heard Catherine speak in a variety of venues, from exclusive, leadership retreats to large rooms. No matter the audience, her stories are spell-binding, transformative, profound, funny and deeply humane. She nourishes her audiences with leadership insights drawn from her first-hand experiences on many of the world's most conflict-ridden fields of suffering and need. Catherine's message of hope, resilience, innovation, persistence, cross-cultural connections sticks to the ribs.*

~ Martha I. Finney, Executive Editor, Leadership Directions Media

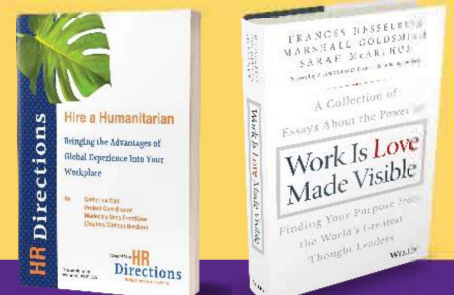
Working throughout Africa and the Middle East, in the Philippines and Haiti, Catherine came face to face with extreme poverty, active conflict, natural disasters, disease, and devastated infrastructure. Each experience shattering her preconceived notions and deepening her connection to the world.

Crossing not only borders but also cultures, traditions, and paradigms, Catherine experienced the complexities of working and living with diverse teams. Navigating the line between work and humanity. Balancing expectations with compassion. And managing the rift between productivity and burnout.

## CATHERINE APPEARS IN

**HR Directions:** Hire a Humanitarian

**Work is Love Made Visible:** Understanding in Moments



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