

KATHY GRUVER

PROFESSIONAL SPEAKER

Standard Intro

Kathy Gruver has graced stages on four continents (including TEDx), three cruise ships, and a handful of islands. She hosts the TV show based on her first book, *The Alternative Medicine Cabinet*, and has earned her PhD in Natural Health. Dr. Gruver is the twelve-time award-winning author of seven books, including *Conquer Your Stress*, *Workplace Wellness*, *Conquer your Stress at Work*, and *Journey of Healing*.

She has studied mind/body medicine at the famed Benson-Henry Institute for Mind-Body Medicine at Harvard, has been featured as an expert in numerous publications including Glamour, Fitness, Time, WebMD, Prevention, Huffington Post, and Dr. Oz's The Good Life, and has appeared on over 250 radio & TV shows including Lifetime, NPR, CBS Radio, and SkyNews London. In 2015, she had the privilege of creating a stress reduction program for the US Military, and has been studying psychology and human behavior her entire life. For fun and stress relief, Gruver does hip hop and flying trapeze.

Bio

Kathy Gruver, PhD has graced stages on four continents (including TEDx), three cruise ships, and a handful of islands. Her combination of humor, performance background, real life experience, and formal education makes her a well-rounded, in-demand speaker. She hosts the TV show based on her first book, *The Alternative Medicine Cabinet*, and has earned her PhD in Natural Health. Dr. Gruver is the twelve-time award-winning author of seven books, including *Conquer Your Stress*, *Workplace Wellness*, *Conquer your Stress at Work*, and *Journey of Healing*. She has studied mind/body medicine at the famed Benson-Henry Institute for Mind-Body Medicine at Harvard, has been featured as an expert in numerous publications including Glamour, Fitness, Time, WebMD, Prevention, Huffington Post, and Dr. Oz's The Good Life, and has appeared on over 250 radio & TV shows including Lifetime, NPR, CBS Radio, and SkyNews London. In 2015, she had the privilege of creating a stress reduction program for the US Military, and has been studying psychology and human behavior her entire life. For fun and stress relief, Gruver does hip hop and flying trapeze.

Travel

Travel expenses (from Santa Barbara or Los Angeles, CA) at cost with \$50/day per diem for overnights. Costs for one traveler, non-smoking room preferred, hotel with workout center, business class for international, upgraded coach or business for US travel, ground transportation as needed to and from venue, parking at LAX.

AV requirements

Projector and screen where PowerPoint is required. I will provide a Mac laptop with adapter and prefer to use my own computer.

Prefer lavalier mic to handheld. I will provide a slide advancer.

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