Carrie Asuncion Helms

Motivational Speaker & Career Purpose Coach

As a #1 International Best-Selling Author, and sought after Speaker, Facilitator and Success Coach Carrie has guided thousands of super-achievers around the world to build thriving careers by creating success on their terms. She's a power-packed blend of personal and professional development and intuitive know-how. For over 20 years, she has drawn on her numerous years as a Human Resources executive and business coach to empower busy professionals to transform self-doubt and fear so they build unstoppable trust in their ability to ask for what they need. As a result, clients create unparalleled prosperity as they lead lives with profound connection, gratitude and joy!

When not coaching and writing, Carrie enjoys meandering the beaches and redwoods throughout Santa Cruz. She and her husband, Ken, enjoy sailing and visiting friends and family, especially her kids -Jeremy, Makayla & Christopher.

Keys to Empowerment

SIGNATURE TOPICS

- ✓ **Stop Exhaustion**: *Lean Into Your Power Partners*
- ✓ **Unlock 5+ Hours In Your Week**: *More Joy & Focus In Your Days*
- ✓ **Access Bigger Ideas**: *Mastermind for Breakthrough Solutions*
- ✓ **Mindset Mastery:** *Tame Your Screaming Monkey Mind*
- ✓ **Turbocharge Your Business**: *#1 Tool for Strategic Results*
- ✓ **Momentum Magic**: *Why Goals Alone Don't Work*

JUST A FEW GROUPS PRESENTED TO:

Chambers throughout CA

Sun Microsystems

Polkadot Powerhouse

San Jose Women's Leadership

Silicon Valley Women's Networking

Professional Women's Networking of Monterey

AVAILABLE FOR

Carrie offers a number of high energy, interactive programs that will rev up your team and encourage you to TAKE ACTION on what's really important TODAY!

- KEYNOTE SPEECHES
- PANEL DISCUSSIONS
- BREAKOUT SESSIONS
- WORKSHOPS & SEMINARS
- MANAGEMENT COACHING
- PODCASTS
- RADIO & TV
- RETREATS
- TEAM FACILITATIONS

Keys to Empowerment

RAVE REVIEWS

"Exciting and inspirational! I can't thank Carrie enough for opening doors I didn't know were closed! I feel light as air and know anything is possible! Great presentation! Ten stars!

★★★★★

S. Grace, Arroyo Grande, CA

"Wonderful presentation! So interactive, exactly what we love to do! My intention was to have someone come to their own 'AHA' moment today and I know that happened more than once. Thank you for your time, energy, wisdom, and passion!"

★★★★★

H. Anderson, San Luis Obispo, CA

BOOK ME AS YOUR SPEAKER

Thank you for the opportunity to be of service to you and your success!

carrieKTE@gmail.com

KeysToEmpowerment.com

805-305-9255