



MANDY HENRY

Speaker and Trainer

www.cathydomsch.com

303-587-3707

Mandy equips leaders and organizations with practical strategies to navigate change, prevent burnout, strengthen relationships, and lead with purpose. Blending relatable stories, actionable tools, and an engaging conversational style, Mandy leaves audiences inspired, equipped, and ready to take meaningful next steps—both personally and professionally.

SIGNATURE KEYNOTES

Burnout Isn't a Badge of Honor

Building Resilient People & Healthy Workplace Cultures

Burnout affects engagement, retention, productivity, and organizational culture. This presentation gives leaders practical tools to recognize burnout, support employee well-being, and foster environments where people can perform at their best.

Audience Takeaways:

- Identify organizational and individual signs of burnout
- Build resilient teams without sacrificing performance
- Create a workplace culture where people thrive

Embracing Change with Confidence

Leading Through Change

Whether facing organizational shifts, career transitions, or evolving industries, change can either create momentum or stall progress. This session equips leaders and teams to navigate uncertainty while maintaining trust, engagement, and forward movement.

Audience Takeaways:

- Lead confidently through change
- Strengthen resilience during uncertainty
- Turn challenges into opportunities for growth

Relationships That Matter

Better Together: The Power of Relationships in Business & Leadership

Success isn't built alone. Strong relationships create stronger teams, stronger organizations, and stronger communities. Drawing from her experience in customer care, coaching, and community development, Mandy shares practical strategies for building trust, collaboration, and lasting professional relationships.

Audience Takeaways:

- Build trust that strengthens teams and organizations
- Leverage relationships as a leadership advantage
- Create meaningful connections that drive business and community success



CONNECT WITH MANDY

303-587-3707

mandy@cathydomsch.com

www.cathydomsch.com



MANDY HENRY

Mandy believes that healthier leaders create healthier teams. She is passionate about helping individuals and organizations build self-awareness, strengthen communication, and navigate change with greater clarity, confidence, and purpose.

With experience spanning corporate leadership, entrepreneurship, customer success, start-ups and non-profit organizations, Mandy brings a practical, people-centered approach to coaching, facilitation, and leadership development. She equips leaders and teams with actionable tools to improve communication, prevent burnout, strengthen workplace culture, and lead with emotional intelligence. Drawing on evidence-based leadership practices and personality frameworks like the Enneagram, Mandy helps clients uncover the patterns that influence performance, relationships, and resilience.

Known for her warm, relatable, and engaging style, Mandy creates experiences that are both insightful and practical—leaving people with strategies they can immediately apply in their work and everyday lives.

Mandy lives in northwest Kansas with her husband and family and believes that even in the middle of full and busy lives, we all have access to a little more joy.

Mandy's Core Values

Joy: Believing that joy is not dependent on circumstances but can be cultivated in everyday life, work, and relationships.

Growth: Embracing lifelong learning, self-awareness, and the courage to continue becoming who we are meant to be.

Connection: Building meaningful relationships through empathy, understanding, and genuine curiosity about others.

Faith: Leading and living from a foundation of purpose, meaning, and trust in something bigger than ourselves.

Resilience: Navigating obstacles with perseverance, adaptability, and hope for what comes next.



CONNECT WITH MANDY

303-587-3707
mandy@cathydomsch
www.cathydomsch.com