

Short Bio (237 Words)

Kay Fittes shows career-oriented women who struggle with letting go of behaviors that hold back their careers (i.e. over commitment, perfectionism and lack of focus) simple ways to experience career breakthroughs.

As founder of High Heeled Success™, Ms. Fittes uses an insight to action approach, to takes audience and workshop participants through an evolutionary, chameleon-like experience. Her programs present a cornucopia of strategies to women in order to take life-changing steps in their professional lives.

Ms. Fittes founded her company in 1990, combining her experience as a therapist and facilitator in the mental health field with her expertise as a trainer and presenter in the business sector. She has guided over 50,000 women in reaching the next level of success through the 6P's for High Heeled Success™. She is the author of four books and a CD. Her most recent book is *Achieving High-Heeled Success: 50 Ways for Career-Oriented Women to Succeed*.

She has served as a consultant and presenter to the business, medical and educational communities providing programming to such diverse groups as Ethicon, Deloitte, Fidelity, Children's Hospital, and the Ohio Department of Education.

Kay Fittes received her degree from the University of Tennessee, and is a member of the National Speakers Association and many other prestigious associations. She is an award winning speaker, a Certified Trainer and holds a Credential for Leadership Training. Kay also sits on several advisory boards for women's advancement.