



About Vicki Hess

Vicki Hess, RN, MS, Certified Speaking Professional is the founder and principal of Catalyst Consulting, LLC. A skilled Escape Artist, she helps people escape from Professional Prison and provides a passport to Professional Paradise. Vicki is passionate about working with forward-thinking organizations to develop fully engaged employees and leaders, who in turn deliver remarkable business results.

A highly regarded speaker, author, facilitator and consultant, **Vicki is an expert in employee engagement, team dynamics, and workforce and leadership development, with more than 25 years of hands-on business experience.** Prior to starting her company in 2001, she was responsible for non-clinical employee training, team building, customer service and leadership development for 6,000 employees at LifeBridge Health. Earlier in her career, Vicki was in major account sales for Xerox Corporation and managed a training department for a major computer retailer. A registered nurse, she also has more than a decade of experience in the healthcare industry.



Vicki is a Certified Speaking Professional (CSP). The CSP designation, conferred by the National Speakers Association and the International Federation for Professional Speakers, is the speaking profession's international measure of professional platform skill. In addition, Vicki holds a Master's Degree in Human Resource Development from Towson University and was an adjunct professor at Johns Hopkins University Graduate School of Business for five years. In 2011, Speaking.com named Vicki a **"Top 5 Healthcare Speaker"**.



Vicki's professional experiences and original workplace research led her to develop her proprietary Professional Paradise™ concept and proven *SHIFT*™ methodology for permanently changing unproductive thought patterns, actions and habits.

Vicki is the author of ***SHIFT to Professional Paradise: 5 Steps to Less Stress, More Energy & Remarkable Results at Work*** and ***The Nurse Manager's Guide to Hiring, Firing & Inspiring*** (Sigma Theta Tau International 2010). She is also a regular contributor to the *Baltimore Business Journal* and NurseTogether.com.

Vicki's husband and two almost grown sons are the source of much of her joy and humor.

To learn more about how Vicki can lead you, your team and your organization to Professional Paradise, please call Darlene Snow, Marketing Manager (1-888-797-6700) or visit www.VickiHess.com.

Vicki put the word "motivation" into the phrase "motivational speaker." She is informative, high energy, entertaining and really leaves you with something to think about. I would highly recommend her to any audience.

Karyn Gold, Employment Specialist,
– Carroll Hospital Center