

PRESENTER PROFILE

Katherine Webster, PhD



Credentials

Dr. Kate Webster, the owner and founder of Breaking Thru Barriers, is a professional speaking and trainer, inspiring audiences to stand up for themselves and feel more empowered. With a Ph.D. in education and a certification in empowerment-based self-defense, she brings together her academic and practical experiences to provide interactive and dynamic programs. These programs motivate and provide action steps for audience members to effectively communicate with confidence and ease.

Testimonials

"This program has made me more aware of my impact on my patients in my communication style."
- Edna M.

"Being aware of my emotional intelligence will help...critical in my role as a supervisor."
- Bernice A.

Educational Offerings

[Quiet Power: The Key to Mindful Communication](#)

[Mindful Communication: Managing Difficult People & Discussions](#)

Benefits

Breaking Thru Barriers provides effective communication strategies to address conflict in all areas of your work, family, and personal life.

As a result of taking the program, you will

- Transform communication skills to match your temperament and personality
- Increase awareness of biases that create friction
- Achieve more engaged and fulfilling