



BE YOUR BEST FOR THOSE YOU SERVE

KATHY MAGNUSSON, M.ED.

*Strength-Based, Trauma-Informed Leadership
for Organizations Serving
Children, Families, and Youth*

Featured Keynote

THE HEART OF CONNECTION

Transforming Stress into Strength

Helping professionals who give so much to others reconnect with their own strength, purpose, and capacity.

Drawing from her lived experience as an adoptive parent, cancer survivor, educator, and trauma-informed professional, Kathy delivers a practical, heartfelt keynote for those serving children, families, and communities.

Through the HEART framework: **Hear, Empathy, Advocate, Recognize, Trust**, audiences learn how connection can reduce burnout, build resilience, and strengthen relationships.

ATTENDEES WILL LEAVE WITH

- ✓ Strategies to support emotional regulation and genuine connection
- ✓ Practical ways to turn stress into strength and resilience
- ✓ Tools for building deeper relationships through empathy and advocacy

IDEAL FOR

Educators • School and Family Social Workers • Youth Workers • Behavioral Health Professionals • School Administrators • Non-Profit and Social Service Leaders

WHAT PEOPLE ARE SAYING

"Kathy offered in her keynote strategies to build compassionate rapport with others through a trauma-informed lens."

Autumn, Behavioral Health Specialist

"The keynote was a good reminder of why we do what we do, and that we do it from the HEART!"

Conference Attendee

ABOUT KATHY



Kathy Magnusson, M.Ed., guides organizations that serve children and families to build cultures where staff stop burning out, start leading from their strengths, and create environments where the mission is finally sustainable.

