

# Katherine Winter-Sellery

## 3xTEDx Speaker, Parenting Coach and Mom of Two

Helping families thrive for over 20 years using  
the Guidance Approach to Parenting.



Katherine Winter-Sellery created the Guidance Approach to Parenting, teaching conflict-resolution skills to thousands of parents. She created and chaired the 2019 National Summit on Mental Health and Mental Fitness, a conference on the intersection of science, medicine, faith, and politics and their impacts on mental wellness that culminated in the nation's largest-ever group meditation.

She has given three TEDx talks on identifying your own triggers and communicating more effectively. Katherine, a trained mediator, is passionate about people's abilities to transcend their past trauma, current dysfunction, and personal obstacles to create more collaborative and supportive family and work environments.



### Media Inquiries

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### Speaking Engagements

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Katherine's mission is to help people improve their parenting & communications skills.

Katherine's signature speaking topics include:

#### **Parenting**

- 3 Common Mistakes Every Parent Makes
- 90 Day Parenting Reset
- Is Video Gaming Taking Over Your Child's Life

#### **Personal Development**

- Meditation and Mindfulness
- Understanding Your Triggers (At Home and in the Workplace)

*"Katherine is amazing and truly gifted at helping parents with parenting. The episode we recorded with her is the #1 podcast episode on The Happy Mom Podcast".*

Toni-Ann, Host of the Happy Mom Podcast

