



Positive Effect Leadership™ 
Lead Yourself First

BIO – **Kathy Stoddard Torrey**

Kathy grew up in Fort Worth, Texas. She spent her youth shoveling manure after school and playing volleyball, basketball, and softball. She earned a Bachelor of Journalism, with a public relations major, from the University of Texas at Austin, before she got married and moved to Germany with her husband.

As an Army spouse, Kathy moved 16 times. Both her children were born in Germany. When living in Killeen, she started her master's degree in business administration at the University of Texas at Austin and finished it five years later with her Mom and two toddlers in tow.

After more than two decades of supporting Army families, Kathy decided to become a life coach. She was trained by the Coaches Training Institute and earned the designation of Associate Certified Coach with the International Coach Federation. After working with teams in organizations, she earned a specialty certification as an Organization and Relationship System Certified Coach.

Kathy is now a leadership coach and trainer who helps individuals and organizations create success. She provides leadership and interpersonal communication seminars internationally to leaders in a variety of industries and to companies such as Deutsche Bank and GE Aviation.

Her focus is now on helping leaders (and everyone is a leader!) gain tools and qualities that will help them create the positive relationships required for success at work and at home. Her online course series is called Positive Effect Leadership, and she believes the tagline *Lead Yourself First*.



Kathy Stoddard Torrey



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