

OFFICIAL BIO & PRESS KIT

Cathy Levin

LIFE TRANSFORMATION COACH • SPEAKER • AUTHOR • ADVOCATE



SHORT BIO

Cathy Levin is a life transformation coach, public speaker, entrepreneur and autism parent and advocate. A Brainz Magazine Executive Contributor, she helps women and individuals move beyond survival, shift their mindset and intentionally create the next chapter of their lives.

FULL BIO

Cathy Levin is a life transformation coach, public speaker, writer and entrepreneur whose work is rooted not only in study, but in lived transformation. Her perspective was shaped by rebuilding after adversity — including overcoming domestic violence — by motherhood, and by raising and advocating for an autistic child.

Through private 1-on-1 coaching, Cathy supports clients through major life transitions, mindset shifts, rebuilding confidence, rediscovering identity and turning intention into consistent action. Her signature philosophy: real transformation does not happen simply by reading something and understanding it intellectually — we practice it in order to manifest it.

As a speaker, Cathy addresses conferences, women's events, entrepreneurial and personal-development gatherings, podcasts and panels on resilience, women's empowerment, reinvention, and seeing the whole family in autism conversations.

Cathy is an Executive Contributor to Brainz Magazine, where she writes on mindset and transformation, autism and family, conscious love and purpose-driven leadership. Her message is simple: your story is not about what happened to you — it is about what you choose to create from it.

SPEAKING TOPICS

Rewriting Your Story • From Survival to Self-Leadership • The Mindset Behind Personal Transformation • Women, Identity & Reinvention • Turning Adversity Into Purpose • Motherhood, Autism & Seeing the Whole Family • Building Again When Life Changes Everything

MEDIA INQUIRIES

cathylevin.com/contact — select “Media”