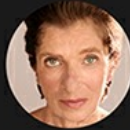


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THE KATHRYN ZOX SHOW

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The Kathryn Zox Show
Wednesday at 7 AM Pacific
January 7th 2015: Stress Sabotage & National Adoption Month

Kathryn interviews resiliency expert Jenny Evans, author of "The Resiliency rEvolution: Your Stress Solution for Life, 60 Seconds at a Time". Everyone who works is under enormous pressure almost daily. We're continually asked to do more with less and we're never truly "off duty." Evans helps people become resilient to stress so they can achieve and sustain high performance at work. Evans is founder and CEO of PowerHouse Performance and has worked with executives from AT&T, Estee Lauder, Comcast, Procter & Gamble, and many more. Kathryn also interviews Adoption Exchange Association CEO Rach

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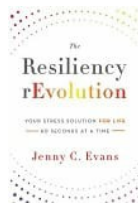
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Featured Guests



Jenny C. Evans

Jenny C. Evans is a speaker, author and on-air expert on resiliency, stress, performance, exercise physiology, nutrition and health.

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Rachel Pratt

Rachel Pratt is a non-profit and government leader with a keen ability to cut through any issue or situation to see the strengths and opportunities for improvement.

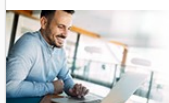
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