

## **Patty Cook, Executive Life Coach, Set to Speak at Upcoming Public Events**

Patty Cook, Executive Life Coach and owner of Life by Design, is set to speak at upcoming public events throughout the month of September in the St. Louis area.

Cook's main event, "Build Success from the Inside Out: Soft Skills to Magnify Your Professional Effectiveness," will provide organization, communication, public speaking and networking tips for business professionals. Cook will discuss networking for business professionals. Topics will include expanding circles of influence to expand success, becoming a go-to resource, and a three-step process for making the most out of networking interactions. The event will take place on September 19<sup>th</sup> from 8:00 a.m. to 3:30 p.m. Cook will also speak at the "Highly Empowered Women's Conference", an event that will celebrate women and address key issues affecting their lives. Cook will discuss transforming stress into success. The event will take place September 25<sup>th</sup> – 26<sup>th</sup>.

Cook has been a successful entrepreneur for the past 15 years. She understands that stress is a key barrier to professional and personal success. Therefore, she has dedicated her life to helping people do what they love to do by becoming a life coach and establishing Life by Design. Her coaching, training, writing and speaking abilities are all designed to help busy professionals tap into their own personal power so they can achieve their vision of success with less stress and more day-to-day enjoyment.

Patty now resides in St. Louis, Missouri. She is an avid reader, a lifelong student and is passionate about playing volleyball. Cook is also a member of the National Association of Women in Construction (NAWIC), as she worked in construction for 18 years.

To receive additional information on Cook's upcoming speaking events or to register, please contact her at (636) 861-9100 or [patty@lifebydesign.com](mailto:patty@lifebydesign.com). To learn more about the services she provides through Life by Design, visit <http://www.lifebydesign.biz/>.



Press Release Contact Information:

**Danielle Shields**

\* **Back 2 Basics Marketing, LLC**

**Voice:** (636) 293-5958

**E-Mail:** [danielleshields@back2basicsmarketing.com](mailto:danielleshields@back2basicsmarketing.com)

**Website:** [www.back2basicsmarketing.com](http://www.back2basicsmarketing.com)

*\*If you have any questions regarding information in the press release, please contact Danielle Shields, Back 2 Basics Marketing, LLC.*

