

# New Book Reveals the Modern Day High-Heeled Leader

Defining women within the context of business is not something that Katie Day likes to do. In her new book, *The High-Heeled Leader*, she expands the definition to include embracing femininity, personal experiences and professional success.

Day wrote the book as a complement to her work as a training consultant, business coach and personal style consultant for women in business, as well as those hoping to break into the professional world.

"As a training consultant, business coach and personal style consultant, I've been helping women recognize their own strengths for over two decades," Day says. "My view is that every woman is magnificent and knowing this comes from how she thinks about herself on the inside."

Day's experience working with hard topics comes from a personal place. In the book, she is open about the life experiences that shaped her into the woman she is, including failed marriages and a difficult relationship with her father.

"My own road to self-recovery is what prompted me to start my work as an empowerment and leadership trainer," Day says. "I never ask my readers to do anything that I haven't done myself."

"I want to help every woman discover that she is an amazing, powerful person. I don't care what dress size she wears, what budget she has or what she does for a living - every woman can step into, and own, her authentic feminine power."

## For more information ...

Images of Katie and the book are available on request.

### *The High-Heeled Leader*

By Katie Day

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Softcover, retail price: \$17.99

Hardcover, retail price: \$35.99

E-book price: \$3.99

For more information, visit Amazon, Barnes and Noble and Balboa.

## About the author

Katie Day is a sought-after speaker and consultant who leads self-development programs on confidence, assertiveness, self-belief and other topics important to women around the world. She is a trainer and business coach as well as a personal branding consultant. She lives in the South East of England. She is a Fellow of the Royal Society of Arts, Trustee of Women of Afrika and Director of the Foundation for International Collaboration.

Connect with Katie on Twitter and her website, <http://www.thehighheeledleader.com>

