

# *LIVING BY DESIGN Radio WITH CATHY HOLLOWAY HILL*



**In this press kit, you will find:**

- **An introduction letter from Cathy**
- **Info about the Living By Design Radio Show**
- **Cathy's bio**
- **Demographic info about internet radio**
- **An attachment of an MP3 radio show promo (voices of host, co-host, and previous guests)**



**Empowering Women Through Self Discovery**

## Cathy's Bio

**Cathy Holloway Hill is Founder and CEO of C. Holloway Hill Enterprises**, a personal and professional development company. Her company's mission is to devise strategies that promote performance excellence and empower others to achieve their personal and professional best.

In addition to her entrepreneurial work, Cathy has over 20 years of corporate experience with two Fortune 100 companies. She walked away from a lucrative corporate technology career to focus on her life's purpose of enhancing and advancing the lives of others. Her professional experience in the male-dominated technology industry affords her the ability to speak from the heart on many topics related to career and life success. She is an International Advisory Board Member of Professional Woman Network, NAWBO, Who's Who Black Louisville, and is a National Premier Coach with eWomenNetwork, the nation's number one resource for connecting women business owners – 1 million nationwide members. Cathy is certified in Diversity Training, Professional Speaking, and Life Coaching. She is a column writer for *Business First of Louisville*, *Hope for Women Magazine*, *The Examiner.com*, and she hosts a segment on *the CW Louisville Morning Show*. Cathy has been featured in numerous publications including *Today's Woman*, *Business First*, and *Black Enterprises Magazine*.

Cathy is a weekly column contributor for the media giant, Radio One's affiliate station in Indianapolis, Indiana, WTLC. She has also worked with WTLC for their Women's Empowerment Series and the Indiana Black Expo, the largest minority conference in the Nation, with over 250,000+ attendees. Cathy has shared the stage with notable celebrities (Jennifer Hudson, Zig Ziglar, Rick Pitino, just to name a few) in her seminar work.

Cathy has a B.S. in Computer Science and multiple Life Coaching Certifications. Beginning her career at IBM Corporation, she has received numerous leadership awards at both IBM and Brown-Forman Corporations.

Her talk radio show entitled, *Living By Design*, focuses on the enhancement and advancement of lives through topics related to self, health, and wealth improvement. She is a weekly featured Host and has conducted countless celebrity interviews with successful powerful women including **Michelle Obama**, Barbara Corcoran, Marion Luna Brem, Sandra Yancey, Kathlyn Hendricks, Marilyn Tam, Dr. Jackie Black, Kimberla Lawson Roby; and influential motivators such as Dr. Ian Smith, Simon T. Bailey, and Zig Ziglar. Cathy is also a weekly column contributor for the media giant, Radio One's affiliate station in Indianapolis, Indiana, WTLC. She has worked with WTLC for their Women's Empowerment Series and the Indiana Black Expo, the largest minority conference in the Nation, with over 250,000+ attendees. Cathy has shared the stage with notable celebrities, during these events, such as Eric Benet, Jennifer Hudson, Jamie Fox, and Dr. Cornell West, just to name a few.

Cathy's co-host, Mr. Tony Lamont is an icon in the broadcasting industry. Mr. Lamont, a radio and TV personality, has conducted numerous celebrity interviews, including President Bill Clinton, President George W. Bush, Senator Barak Obama, Senator Hilary Clinton, and countless A-list celebrities in the entertainment, sports, and music industries. *Living By Design* airs each Wednesday, 6:00 p.m. EST. at [www.blogtalkradio.com/cathy-holloway-hill](http://www.blogtalkradio.com/cathy-holloway-hill)



Empowering Women Through Self Discovery

## “LIVING BY DESIGN” RADIO TALK SHOW

*Host, Cathy Holloway Hill*

*Co-Host, Broadcast Icon, Mr. Tony Lamont*

The Living By Design Radio show is an extension of my work as an author, professional speaker, and life coach. My goal is to empower as many people as possible to take back their personal creative power and release the potential that lives inside.

Since May 2008, our radio show has enjoyed a listening audience of over 250,000, and the growth is projected to grow steadily over the next 3 years!

Your presence on the show will, no doubt, provide enlightenment and knowledge to my listeners that will change lives forever.

To view the ratings and comments we receive on our show, please visit <http://blogtalkradio.com/cathy-holloway-hill/feed>

If you have additional questions about our show, please feel free to send an email to [cathy@chollowayhill.com](mailto:cathy@chollowayhill.com)

For additional information about C. Holloway Hill Enterprises, please visit <http://chollowayhill.com>

May today and everyday be a blessing; and always **LIVE LIFE BY DESIGN!**

Kindest regards,

*Cathy Holloway Hill  
Founder & CEO  
C. Holloway Hill Enterprises*



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## **“LIVING BY DESIGN” RADIO TALK SHOW**

***Host, Cathy Holloway Hill***  
***Co-Host, Broadcast Icon, Mr. Tony Lamont***

The ***Living By Design Radio Talk Show*** airs each Wednesday, 6:00 p.m. eastern. This radio talk show focuses on self, health, and wealth to enhance and advance the lives of women.

Internet Talk Radio is growing exponentially. Over 110 million Americans now listen to internet radio every month (Bridge Ratings, May 2009). Additionally, millions more are listening around the world. Blogtalk Radio is a syndication network, a leading syndicator of quality programs.

The ***Living By Design show*** offers quality content as well as experienced and professional hosts. With advanced web streaming technology serving an unlimited number of listeners, archiving of past shows for 24/7 on-demand listening, and the ability to link directly to shows from any website, the ***Living By Demand show*** provides an outstanding platform to promote, advertise, sponsor, and most importantly, an opportunity to be heard by millions at their leisure. Traditional terrestrial radio is limited and does not provide 24/7 on-demand listening nor any of the other many offerings of internet web streaming radio.

**Cathy Holloway Hill has been Featured as a Top Rated Radio Host—link listed below;**

**<http://blog.blogtalkradio.com/2008/07/02/host-spotlight-living-by-designs-cathy-holloway-hill/>**

THE FOLLOWING MEDIA COMPANIES HAVE PUBLISHED NUMEROUS ARTICLES ABOUT GROWTH AND SUCCESS OF INTERNET RADIO:

**The New York Times**

**The Washington Post**

**ABC News**

**Fox Business Channel**

**WNBC News**