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## About Kim Olver

Kim Olver is an internationally acclaimed transformational leader. She has inspired thousands of people around the globe to apply the principles of ***InsideOut Empowerment***.

In 1987, Kim began her journey in Reality Therapy by taking a Basic Intensive Training with Dr. Nancy Buck, a certified William Glasser Institute Instructor. Dr. Buck inspired her to follow a similar path. In 1992, Kim became certified in Reality Therapy and in 1993, she also became an approved instructor for the William Glasser Institute. As such, over the years she has trained thousands in reality therapy and Choice Theory. Since that time, she has developed her own process called ***Inside Out Empowerment***. Naturally, this process has its roots in Dr. Glasser's foundational teachings and goes beyond reality therapy to delve into the subconscious sabotage we often engage in as we near reaching our deepest dreams.

Kim got her counseling degree at the University of Scranton in 1996 and is a licensed clinical professional counselor, as well as a nationally certified counselor. Kim worked over 20 years in the field of social service, the majority of that time spent working with specialized foster children and their families.

In 1999, Kim's husband of 16 years died of leukemia, leaving her with two teenage boys to raise. This was a pivotal point in her life. She decided to take the principles she had been teaching and fully apply them to her own life to help manage the grief and to become an effective single parent.

In 2004, Kim moved to Chicago and began her own coaching, training and consulting business where her mission is to help people get along better with the important people in their lives at home and at work. She works with couples, parents, individuals looking for self-growth and businesses who understand the importance of quality relationships. When our important relationships are functioning smoothly, then other things seem to almost take care of themselves. Kim's first book, *Leveraging Diversity at Work*, was written to help people understand any problems people have connecting and understanding each other begin within oneself.

***InsideOut Empowerment*** stresses two major concepts:

- The only person's behavior you can control is your own
- Whenever you are experiencing conflict or struggle, the best place to find the solution is through changing something you can control—either your thoughts or actions.

This book, *Secrets of Happy Couples*, was written to help people in committed relationships find happiness within themselves and with each other. It is the second in the *InsideOut Empowerment* Series.