

Redefining Rejection: Local Speaker Offers Hope to Discouraged Dreamers



Houston, Texas Jun 5, 2024 ([Issuewire.com](https://www.issuewire.com)) - Katherine Clemons, a young public speaker with a big message, challenged herself, in 2023, to complete 100 “impossible” goals. After completing all 100, she now shares the lessons she learned while restoring hope in the process.

“I want people to know that nothing is impossible,” said Katherine Clemons, public speaker and founder of [Kat Clem & Me](#) and [ForeFoundress](#). “I’ve been blessed with many phenomenal opportunities, but I

wouldn't have any of them if I hadn't changed my mindset. At the beginning of 2023, I was so afraid of making the wrong choice, that I stopped making choices at all. One day, I decided to write down 100 of my craziest goals, and just go for it. That decision led me to found two businesses, speaking to female entrepreneurs from across the globe, and sitting in rooms I could only dream of before. I don't share my story because I want to, I share because I have to. If I don't, someone out there may never go after their dreams, and I can't allow my silence to be the reason why."

According to a [study](#) done by Jessica Höpfner and Keith Nina in 2021," Over 1,000 studies have consistently shown that setting high and specific goals is linked to increased task performance, persistence, and motivation, compared to vague or easy goals," which is why Katherine Clemons encourages her audiences to make a 100 impossible goals list of their own. She saw people clinging to uninspiring goals out of fear of rejection, leaving their true aspirations unfulfilled, so she began to teach people to chase rejection, not run from it.

In addition to her professional speaking engagements, Katherine will be hosting a free virtual event on **Monday, April 29, 2024, from 7:00-7:30 pm** on [LinkedIn](#) about the importance of chasing your dreams and redefining rejection to celebrate the National Month of Hope.

About Katherine Clemons

Katherine Clemons is a budding expert in personal development with half a decade of experience in public speaking. She empowers audiences through engaging talks on achieving the impossible by redefining rejection. To learn more or book Katherine for your next event, contact kclemons@katiclemand.me.

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