



For more than a decade, **Matt Townsend** has been energizing and involving audiences with his unique approach to building and maintaining successful relationships. Known as one of America's top presenters in the field of Human Relations and Development, Matt blends humor and story telling with interactive, real-life solutions that inspire motivation and immediate results in his audiences. Having dedicated his life to the study of communication and interpersonal relationships, Matt has worked extensively in the areas of results-oriented communication, conflict resolution and time management training. As a lead presenter for industry leader, Franklin Covey, Matt worked with the Family & Special Market Division and created the company's largest train-the-trainer program, certifying more than 900 trainers to teach his customized time management curriculum.

Since working at Franklin Covey, Matt Townsend founded the Townsend Relationship Center and its affiliate firms, Capacity Consulting and Townsend Relationship Center. Through these entities, Matt has shared his expertise with relationships, communication and conflict resolution with thousands of clients ranging from individual married couples to large corporations such as CNN, Cox Communications, and Lockheed Martin.

Other past clients include: American Express, Discovery Toys, Dupont, Freddie Mac, General Mills, Hewlett Packard, Honda, IBM, Intel, I-Village.com, Kinko's, Kroger's, Lockheed Martin, Minute Maid, Nation's Bank, Nike, Panasonic, Pampered Chef, Tupperware, UPS, the US Army, and the US Navy.

"The Matt Townsend Show" is broadcast every week on KSL News Radio and Matt's book *Starved Stuff: The 7 Basic Needs of Healthy Relationships* is a popular pick among...

Matt Townsend

Speech Topics

- Teambuilding
- Personal Growth
- Life Balance
- Communication Skills
- Coaching / Mentoring



Testimonials

I have attended private sessions with Matt, along with a six week workshop, and have come away each time feeling more empowered to make my life better. The tools that he gives and the principles he teaches are simple and truly have had a positive effect in my life. The way Matt teaches makes it fun and makes so much sense. I wish I would have had this knowledge many years ago as it has helped in my relationships in all aspects of my life and has made me a better mother, a better friend and a more confident person. Matt and what he teaches is truly AWESOME!!!

- JC.

The things we have learned from you have totally changed our lives. We have revamped every aspect of our relationship and our pattern of living. I love what I am learning in the workshops. Matt has done a great job at organizing it all in a way that's more concrete. I like the simplicity of the workbook too. Any way, I am really enjoying the workshops. Sometimes...I listen and think to myself, "Getting rid of a little bit of selfishness can go a long way."

- C.

