



Christy Tryhus better known as the Chaos Reduction Expert is a Certified Trainer, Coach, Speaker and author of the book, *Live Life Beyond the Laundry* which focuses on 7 strategies to shift your life from chaos to calm. Her business, Simply Balanced Coaching and Training provides training and coaching to groups, businesses and individuals focusing on productivity, time management and life balance, which results in, increased profits and efficiency. She has over 24 years of experience in training, coaching and sales. This paired with her passion to help people grow and develop to reach their fullest potential creates a highly effective coaching and training style.

She received her Master's in Business Administration (MBA) at the University of St Thomas and her Bachelor's Degree in Marketing at the University of Wisconsin-Lacrosse.