

People & Culture Support

Creating opportunities for employee well-being, performance and job satisfaction

Corporate & Organizational Services

Kristina Leonardi is a speaker, coach and consultant who can provide the following personal and professional development services to your company or organization:

Executive Coaching for Managers & Leaders

Kristina can offer one-on-one or group coaching sessions to executives and managers in order to address and develop:

- Leadership Skills & Executive Presence
- Communication / Interpersonal Skills/ Relationships / Mediation
- Work/Life Integration & Self-Care
- Stress Reduction & Time Management
- Outcomes & Performance Goals

Coaching and Skills Development for All Levels

Kristina can offer one-on-one or group coaching sessions to staff and client facing professionals in order to address and develop:

- Active Listening, Communication Skills & Confidence Building
- Customer Service & Sales Performance
- Productivity, Time & Case Management
- Stress Reduction & Work/Life Wellness
- Job Satisfaction & Career Fulfillment

Employee Engagement / People & Culture Consulting

A corporate culture is only as open, congenial and productive as the individuals in it, and the level of respect and trust they have in one another. Whether you are looking to **uplift company morale, increase employee engagement, harmonize department interactions** or simply **create a positive environment** where staff can **optimize their potential and flourish**, providing an opportunity for **self-reflection, authentic communication**, and **down-to-earth connection** leads to **organic collaboration** that benefits both employer and employee alike.

Kristina can advise on and/or create a program tailored to your company that accomplishes the above through a combination of coaching, environmental enhancements, interactive presentations, individual exercises and group activities that build upon the themes of: **Authentic Connection, Active Listening & Constructive Communication, Collaboration & Community, Individual & Shared Vision & Goals**

Seminars / Workshops / Lunch & Learns

Kristina can offer the following topics or customize depending on the needs of your company/organization, please contact her for a custom proposal.

Content can be delivered in a variety of ways depending on group size and time allotted considering employee workload for the most focused and optimal participation. The suggested structure is workshop format (lecture plus exercises) in small groups conducted in half day or full day sessions. Another option is to offer the program as an extended class with micro-sessions, going more in-depth per topic with "homework" assignments in between. Kristina can also provide on-site group coaching to maintain connection and support, or individual coaching for those who need more personalized attention to improve in a particular area.

Fireside Chats / Salons

More informal & interactive, Kristina introduces a topic/theme and facilitates an engaging group discussion. Past topics include: * Beauty * Joy * Values * Balance * Power * Humor *

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HOW CAN KRISTINA'S SERVICES BENEFIT YOUR EMPLOYEES? THEY WILL:

- *instill self-esteem and confidence
- *improve communication skills
- *increase overall wellbeing
- *engender personal responsibility and initiative to create a better workplace for themselves and those around them
- *motivate productivity
- *bring more awareness, purpose and meaning to work
- *provide an opportunity for self-reflection & evaluation
- *enrich bonding and connection with colleagues
- *enhance executive presence & leadership skills
- *manifest outcomes with more ease

*Kristina Leonardi helps individuals to see the best in themselves, offering a unique approach that **jumpstarts their ability to engage in work, relationships and life more fully in general.***

*Attendees will leave inspired with an increased belief in who they are, what they want, and with the **motivation and tools to make positive change in their lives and contribute their best to the workplace.***

What clients say:

*Kristina led a team-building workshop with the communications department at LVMH/Moët Hennessy. **She helped frame a discussion and subsequent workshop that were enormously insightful and left us all feeling energized and more closely bonded.*** ~ Damon O'Donnell, LMVH

***Kristina Leonardi is a joy to work with because she radiates positive energy and creates a truly powerful experience for her audience.** She inspires participants to think about their lives and the transformations they want to make, and offers practical, effective ways to do so.*
~ Tunji Fussell, Junior League of Brooklyn

*As a skillful and intuitive presenter, **she has a unique ability to tap into the mood of the room and lift people up, to energize and inspire them.** As a multifaceted coach, she brings to her seminars a breadth and depth of knowledge but is also able to parcel it out in a way that is not overwhelming for her audience.*
~ Marzena Ermler, NYPL/NYU



Sample Titles & Descriptions:

Personal & Professional Development: Stepping Stones for Success

What does it mean for you to be successful? How do you get there? With all the complexities of modern life, our changing economy and culture in the digital age, the markers of success can seem like they are constantly shifting, confusing or just plain elusive. No matter how you define success, these tools, tips and insights can help further your personal and professional fulfillment and find your place in the world.

Attend this practical yet inspiring talk where you will learn nine characteristics to develop yourself and create a satisfying and peaceful life, no matter who you are or what stage you are in.

Authentic Branding: Letting the Real You Shine in Any Situation

Getting to know and accept who you are, what you have to offer and how you fit into any situation is your key to success. When you are in tune with yourself and project that image confidently out into the world, you can more easily facilitate, create and attract the outcomes you desire in every area of your work and life.

Leadership:

Lead Yourself to Success in Work & Life

Discover how becoming a leader in your own life translates to being a true leader at work and vice versa. Employees who bring passion and commitment to their job, communicate effectively and practice a good dose of self-care are more promotable and serve as positive role models to others. Using both reflective and interactive exercises to tap into the ways in which they can have influence over their personal and professional lives, this workshop will offer insights and tools for attendees to become more in touch with who they are, what they contribute and how they can better manage their time, energy and interactions in order to minimize stress, maximize productivity and achieve the results they desire.

Work/Life Wellness & Self-Care:

Be The Best You: Honor Your Self, Honor Your Body

What are you feeding yourself on a daily basis? We are what we consume – whether food, drink, social media, news and entertainment, our physical surroundings or interaction with people in our environment. All of these and more can have a profound effect on how we function and feel, and you might not even realize it! When you are more aware of what you are taking in and have a deeper connection to your body, mind and spirit and what it needs more or less of, you become more empowered and healthier on every level. (Option to be co-presented with an RDN to talk more specifically about diet and nutrition).

WORK IT! Taking control of the daily grind to reduce stress and go with the flow.

How can you be the most effective employee or manager while optimizing your time and energy? We each have our own rhythms and needs when it comes to balancing our work and life and can learn how to customize whatever situation we're in to our advantage in order to be the most fulfilled, least stressed and most productive as possible. Join Kristina Leonardi as she shows you how to create your best lifestyle by taking control of your work and life rather than letting your life and work control you!

Kristina is a skilled facilitator who is adept at managing challenging and thought-provoking dialog and who works to highlight both the complexity and meaning of various topics. Thank you, Kristina!

- Adelaide Lancaster, Co-founder of In Good Company; Author of The Big Enough Company

Team Building:

Vision Board Creativity & Self-Care Workshop

Give your team a chance to employ creative methods and self-reflection in order to achieve better work/life integration and overall wellness. Participants will come away with new insights about themselves and ways to improve their personal and professional lives, as well as a journal/notes, vision board and resource list with tips and tools they can refer back to after the workshop to keep them on track. By focusing on all of the above in a group setting and sharing their discoveries, they will better understand, connect with and support each other in a more personal way, creating a foundation for a more cohesive, energized and productive group going forward.

Other topics include:

Spring Cleaning for the Soul: Re-Energizing the Industry Professional

Personal Power: Using Yours to Help Others Succeed in Work and in Life

Thriving in a Challenging Work Environment

Make the Connection: Bridging the Communication Gap

Harmonious, Happy Employees: Boundaries & Workplace Etiquette

Say It To Make It: How to Use Affirmations to Empower Your Daily Life & Beyond

****Custom topic for your company or organization – contact Kristina to discuss.**

Corporate & Professional Association Clients Include:

LinkedIn, LVMH, UBS, Saatchi & Saatchi, Ogilvy, Rothstein Kass, NY Women in Communications, Mesoblast, Center for Wealth Preservation, American Business Women's Association, MetLife, Human Resources Association of NY, United Social, In Good Company, CLAY Fitness & Spa, Equinox, David Barton, Women in Cable & Television, L.I. Marketing Job Seekers Group, Social Media for Kids

Nonprofit Clients Include: NYU Wasserman Center, NY Science, Industry & Business Library, Center for Court Innovation, Junior League of Brooklyn, Young Nonprofit Professionals Network, Savvy Ladies, Woodhull Institute, DONAR, Women's Center of L.I., After School in Lincoln Square, The Women's Mosaic

*Kristina led a custom workshop for a group of 60 healthcare workers at LinkedIn in New York and she was incredibly effective. **She was able to instantly connect with the group she was speaking to and gave them concrete tools to combat burnout and practice self-care** in what is an incredibly high stress working environment... I'd highly recommend hiring Kristina...She's **a deft facilitator and leaves a lasting impact** on those with which she works. ~ Sam Kelly, LinkedIn*

*Kristina was engaging, energetic and passionate in talking through her "Spring Cleaning" program and **inspired her audience to take stock of their personal and professional lives and refocus on their goals and aspirations.** Although I have not used Kristina as a personal coach, I would imagine she excels in this field also. ~ Kathryn Virmani, UBS*

*Kristina's session **truly helped our employees take a step back from their daily lives and reflect on who they are and what they want for themselves both personally and professionally.** Kristina did an excellent job of talking about how every goal can be attainable -- by way of "big picture" changes and/or simple "tweaks" to our everyday lives -- **resulting in a significant increase of overall happiness and inner peace.***
~ Meera Adams, Ogilvy

Contact Kristina to discuss your needs and create a custom proposal for your company or organization.

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ABOUT KRISTINA LEONARDI



Kristina Leonardi is a speaker, coach and author who provides a framework for individuals to make the most of their personal and professional lives, allowing them to **recognize, connect to, and fulfill their role in the world at large**. With a holistic and personal growth-oriented approach, she has helped hundreds of people from every background over the past two decades improve their job performance, change careers, better manage their time and stress, and **live happier, more meaningful lives with clarity balance and direction**.

Developing as a whole, happy and fulfilled human being in harmony with your priorities and values, along with the right mindset and daily practices, allows you to **bring your best self to any situation and naturally increases your confidence, creativity, interpersonal skills and overall well-being**.

Kristina can identify and address barriers to success, illuminating internal and external blocks or challenges, and provide ways to overcome them in order to **increase productivity and advance career goals**, as well as **experience a more pleasant working environment, job satisfaction and work-life integration**.

Kristina's coaching for managers helps them **provide authentic leadership, motivate staff, cultivate teamwork, facilitate communication, inspire vision and culture**, increase employee engagement, manage stress, and improve work/life integration and executive presence. She offers motivation and resources to **reduce stress, promote inner strength, and increase morale**.

Known as a speaker with unique yet practical perspectives on career transition, leadership and work/life wellness, she has presented to organizations such as *LinkedIn, LMVH, UBS, Ogilvy and the HR Association of NY*, and has been coaching professionally for over 16 years in private practice as well as in affiliation with *The Muse, GoCoach/SkillCycle, Working Mother Media/Seramount and New York Women in Communications*.

In 2001 she founded *The Women's Mosaic (TWM)*, **producing over 100 events to empower and connect women of diverse backgrounds**, was one of *Hispanic Magazine's Top Latinas of 2004* and was honored by the *WNBA's NY Liberty* as part of their 2009 Inspiring Women Night. Kristina holds a B.A. in International Relations from *Boston University* and has taught extensively for *NYU's School of Continuing and Professional Studies (SCPS)* in both their undergraduate and continuing education programs.

Kristina is also the author of **[Personal Growth Gab \(PGG\), Volume One: Thought-provoking, inspirational and entertaining essays to keep you connected with yourself and make sense of this journey called Life](#)**, as well as **[Say It To Make It: Affirmations to Empower the Heart, Mind, Spirit and Soul](#)**, and has been featured in *Forbes.com, Inc.com, Psychology Today, The Muse, and The Huffington Post*.

Kristina's presentation was a breath of fresh air - re-affirming, healing and uplifting. Her compassionate delivery, understanding and insights made us look at every area of our lives in a different light, and her themes and suggestions resonated deeply with all who attended. Kristina's professionalism, flexibility and sense of humor made her incredibly easy to work with – she is a motivational speaker who would be a true asset and inspiration to any company who hires her! – Tanya W., CLAY Fitness & Spa

For more information visit:

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COACHING CASE STUDIES:

Kristina worked with Melissa* (all names have been changed), an **advertising executive** at Ogilvy, by shifting her self-perception, allowing her to recognize innate leadership and management skills. This **newfound confidence and self-awareness** enabled her to feel worthy of receiving recognition for her work, which led to a raise and a promotion.

Caitlyn, a **finance executive** at Bank of America, performed well at her job and was compensated adequately, but felt something was missing. Kristina helped her re-discover other parts of self that she had long forgotten and reintroduced her first love, playing the piano on a more regular basis, along with other things like cooking and writing. She **returned to her work with renewed energy and enthusiasm**, now having a more well-rounded life and making use of her talents.

After being passed over for an anticipated promotion that was crushing to his ego and stirred up much anger and resentment, Michael, a **senior real estate executive** at CBRE, asked to work with Kristina. She helped him **understand the scenario and all the players from a broader context**, how he might have contributed to the outcome and how the bigger message was ultimately a wake-up call that had to do with other aspects of his life as well. He was since able to resolve the situation and eventually got the promotion he deserved.

Melanie contacted Kristina to explore how she could find more balance from her work as an overextended executive with an **investment banking** firm, develop the more creative aspects of her personality and experience her job with greater ease. After suggesting several classes and activities, Melanie feels less stressed at her job and is **able to serve her clients in a more relaxed and cheerful manner**.

COACHING TESTIMONIALS:

*Kristina really does have this holistic approach to it and tries to capture your life's context and understand the big picture. From there she was able to break it down for me and unveil to me what's been going on. **She was able to offer me another perspective and frame to work with that I would not have thought of myself.** From there I felt very empowered and have been able to achieve a lot within just a month! ~ Jason L.*

*Kristina's insights have had a huge impact on my career and my self-confidence. **She planted this seed of truth in me that I knew I had to start tending to, and as a result I found my voice** and am now on a path to leadership in my field. ~ Anna W.*

*... [Kristina] **immediately made me feel comfortable and understood my needs.** She taught me how to stay focused on my personal goals and offered solid advice. I value her opinion and believe she is committed to helping others reach their full potential... Kristina is a valuable resource and I highly recommend her as a talented coach. ~ Joy S.*

*If you're looking for some compassionate candor and a dose of tough love, Kristina is the coach for you... Her style is very holistic, so she brings a lot of value by being able to challenge some of your assumptions about yourself and push you to pursue your career goals from an angle you may have not considered previously. **I came into this really lacking clarity and walked away with a sense of relief.** Can't recommend her enough. ~ Kevin R.*

*Kristina changed my life. **She made me realize how disconnected I was with my inner self and how that was a root cause of many issues I faced, including my career.** I have spoken to a number of professionals and career coaches, but Kristina is the one who truly helped me get unstuck and re-evaluate my values. Her recommendations were vital and enabled me to reorient my life. ~ Esther J.*

Kristina combines both career and soul, which is extremely rare. ~ Christina L.