



PROGRAM GUIDE



MEET KATIE

Chief Awesome Officer, Team Awesome

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Katie is a leadership coach and culture advisor helping leaders level up through her company, Team Awesome. She has led leadership, team culture, organizational development and HR best practices for more than a decade. She is the co-host of The Life and Leadership Podcast, a TEDx speaker alumna and the best-selling author of *Hidden Brilliance: A High-Achieving Introvert's Guide to Self-Discovery, Leadership and Playing Big*.



This was one of the best training experiences I've had since joining Cielo! I enjoyed Katie, herself! She was able to keep me engaged and the training itself was interesting.

– Cielo Talent Team

STREET CRED

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Katie has earned:

MBA from the University of Wisconsin Consortium program

BBA in Finance and **BA** in French from the University of Wisconsin Oshkosh

Senior Professional Human Resources (**SPHR**) certification

Certified Professional Coach (**CPC**) and Associate Certified Coach (**ACC**) designations




“SUCCESS WOULD BE
CREATING SOMETHING
THAT ALTERS THE
COURSE OF THE WORLD
FOR THE BETTER.”

WATCH KATIE'S FULL TEDX TALK



AUTHENTIC SPEAKER



INSPIRING KEYNOTES

The following keynotes are built from the heart and steeped in leadership experience, research, and an insatiable need to help each other find love, understanding, and belonging. Executives, leaders, entrepreneurs and high-achievers find her content riveting, engaging, and powerful. Many participants describe experiencing one of Katie's keynotes as if "she was talking just to me" in a room of hundreds.

Speaking engagements can be paired with bulk book purchases and book signing of Katie's best-selling book, *Hidden Brilliance: A High-Achieving Introvert's Guide to Self-Discovery, Leadership and Playing Big*.

- **Beyond Diversity & Inclusion to Belonging**
- **Managing Your Energy:** Strategies for Thriving at Work



I CANNOT SAY ENOUGH ABOUT KATIE AS A LEADER, CREATIVE GENIUS, AND INSPIRATIONAL NATURE. SHE IS A NATURAL AND A TRUE GENUINE PARTNER FOR THE BUSINESS.

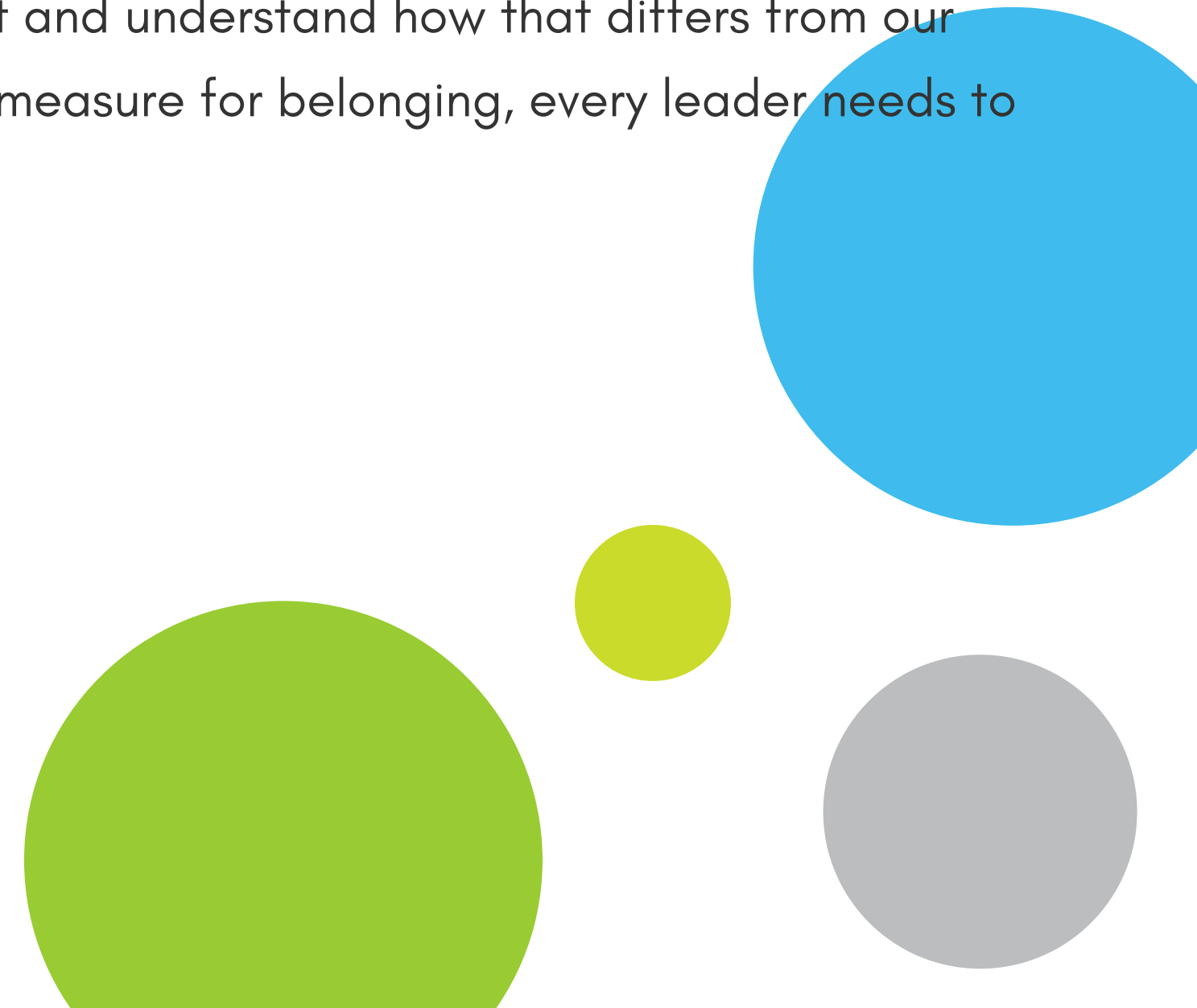
- CHIEF PEOPLE OFFICER

BEYOND DIVERSITY & INCLUSION TO BELONGING

While the work of Diversity & Inclusion is important and meaningful, Katie proposes that we move beyond that to create true belonging in our organizations. In today's world, people go to work for more than a paycheck; they go in search of belonging and purpose. In this talk, she goes deep into belonging to define it and understand how that differs from our previous approaches to the engagement of our teams. In order to build and measure for belonging, every leader needs to play a role in creating small, consistent moments of proof for their teams.

Key takeaways:

- Understand what belonging looks and feels like
- Consider how your organization may need to operate differently to support belonging
- Learn how to create belonging in your organization, and what hinders it

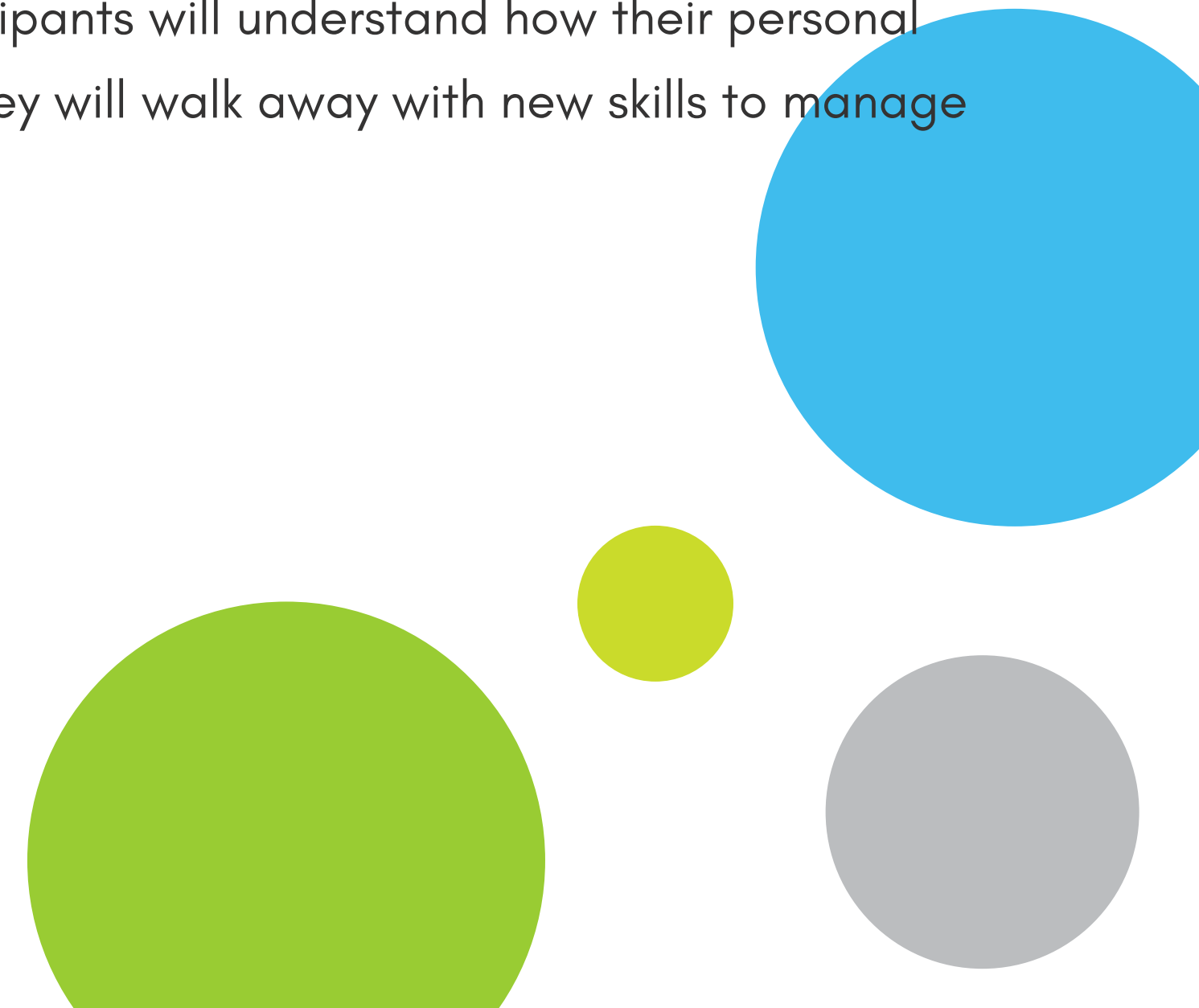


MANAGING YOUR ENERGY: STRATEGIES FOR THRIVING AT WORK

Despite managing our time well, sometimes we still feel exhausted or drained after everything we think we need to fit into each day. In this talk, Katie will examine some of the ways that you can manage your own mindset, take back control of your energy, and share powerful strategies for interacting with others. Participants will understand how their personal mindsets and approaches affect how they experience the workplace and they will walk away with new skills to manage their relationships with honest, authentic conversations.

Key takeaways:

- Learn how to adjust your mindset to and why this is critical to having the energy to take action
- Understand what brings you energy, and what drains it
- Gain tools to manage your communication with others to build relationships at work



"Katie was able to help me dig into the roots of some assumptions and perceptions that were a) not intentional and b) not serving me well, and to develop and hardwire some more beneficial approaches and habits for managing my personal and professional priorities. Further, she was very adaptable and capable of navigating every discussion to a positive direction-whether or not I was clear on what I wanted to talk about on any given day."

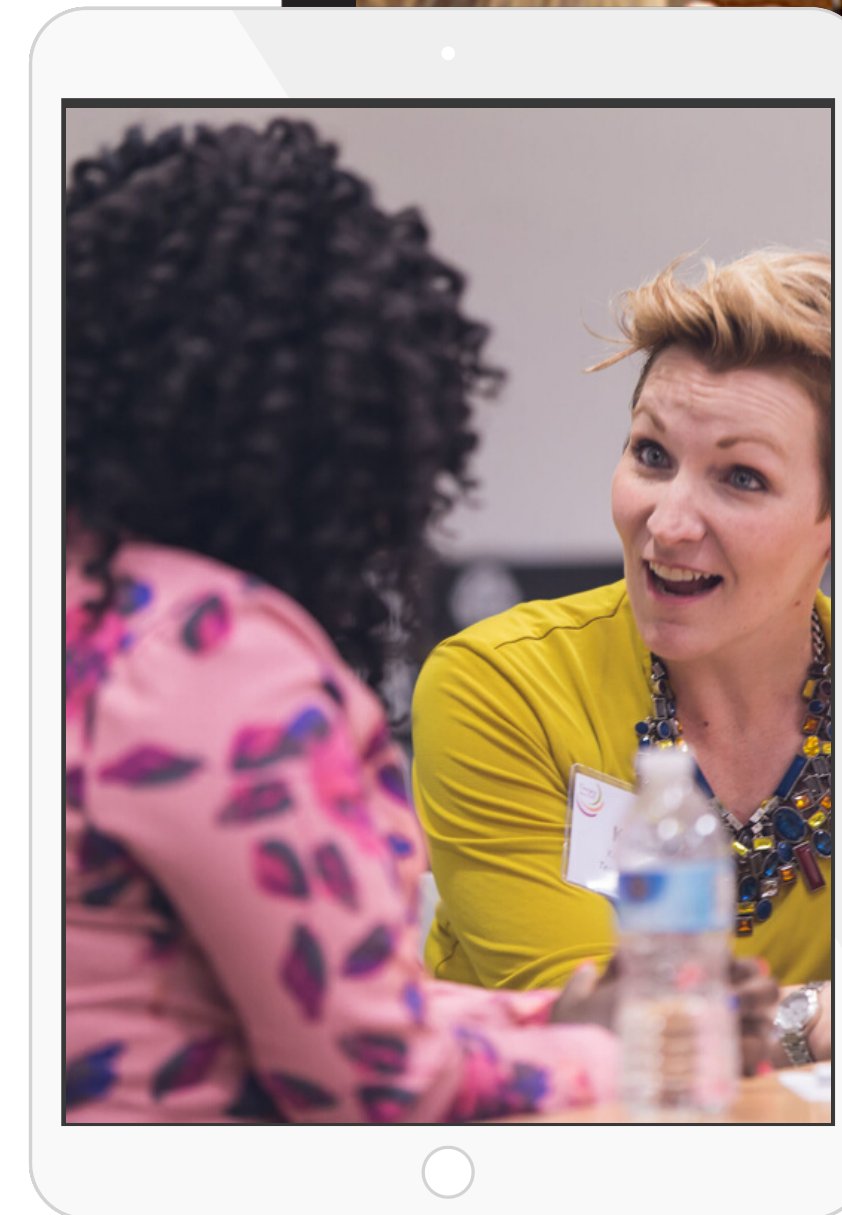
- *Founder/CEO*



RESULTS-DRIVEN WORKSHOPS

The interactive workshops are designed to help organizations maximize their talent and leadership. They can be delivered in small and large group settings:

- **Defining & Achieving Your Goals**
- **Better at Feedback: Honest Conversations Using Coaching**



DEFINING & ACHIEVING YOUR GOALS

Why is it that we set goals or intentions for ourselves that often go unchecked and unfulfilled? Because somewhere in the process of setting the goal we were misaligned with what we truly wanted, focused on what we “should” do, or had no idea how to actually tackle the big dream before it just slips again to the back burner. In this workshop, we tackle all of those roadblocks and you will feel ready and inspired to start small steps towards your goal. Get ready for dynamic exercises mixed with lively group discussion.

Key takeaways:

- Set a one-year vision to guide your goal planning process
- Define a key goal aligned with your one-year vision
- Learn how to break down goals into sizable activities you will actually be able to do and build in accountability for achieving them



BETTER AT FEEDBACK: HONEST CONVERSATIONS USING COACHING

For all leaders, providing candid and effective feedback can be challenging, but in today's fast-changing environment it can be downright daunting. This program teaches different methods for new and seasoned leaders to take a coaching approach with their teams and allows for practical in-course application to grow the participants' skill sets and confidence in coaching and developing their direct reports. Your new skills will change the way you interact with people!

Key takeaways:

- Describe “honest conversations” and remove the mystery and fear from delivering feedback
- Learn situational leadership and “feedforward” techniques
- Practice the coaching approach, including empowering questions, listening, and goal setting





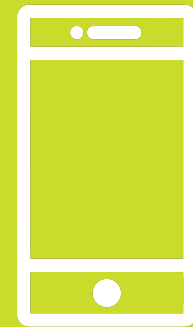
A WE S O M E N E S S

"Katie has the qualities of a truly remarkable leader. She is confident, strategic and inspiring in the way she approaches her work, with the ability to build an engaged and motivated team around her to drive successful initiatives."

BEST-SELLING BOOK



HIDDEN BRILLIANCE: A High-Achieving Introvert's Guide to Self-Discovery, Leadership and Playing Big is a compelling story of how anyone can re-write their definition of success and regain the self-trust to make bold moves. Part personal experience, part lessons on how to improve the way we live and work; this book provides a blueprint for high-achievers to approach fear in a way that's meaningful and helpful so they can unlock the potential for total greatness.



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