



KRISTEN HARCOURT
COACHING & LEADERSHIP DEVELOPMENT

I partner with executives and emerging leaders worldwide to achieve extraordinary and sustainable results through increased self-awareness, emotional intelligence, and mindfulness.



WHAT WE DO BEST

I support leaders who are ready to cultivate their emotional intelligence so they can be the leaders they were born to be - and achieve extraordinary results for themselves and their organizations. Through my unique, research-based, results-oriented leadership development coaching and training, leaders illuminate their communication and leadership strengths, blind spots, and the triggers getting them in their way of consistent high performance. They develop self-awareness so they can show up more powerfully in all areas of their leadership - and develop teams and employees who also succeed.

KEY SERVICES

- » Keynote speaking – topics include Self-Awareness and Emotional Intelligence (EQ), Mindfulness as the Pathway to Greater Productivity, Creativity and Wellbeing, and Owning Your Voice to Unlock Your True Potential.
- » C-Suite retainers to accelerate organizational mission, vision, and values and create and sustain positive workplace cultures that create dignity and thriving for all employees.
- » Yearlong leadership development institutes fusing individual and group coaching, experiential training, facilitated retreats, and guest speakers for high-potential leaders.
- » Half-day, full-day, and multi-day training on developing EQ and bringing it into one's daily work, transitioning from a boss to a true leader, and managing individual and team stress to enhance productivity and wellbeing.
- » Support executives, senior leaders, team leads, and emerging leaders through ongoing coaching and training in areas including strategic planning, goal setting, team development, emotional intelligence, giving and receiving feedback, self-awareness (and self-trust), high-stakes conversations, interpersonal communication, and work-life integration.

DIFFERENTIATORS

- » Founder and CEO, Kristen Harcourt, renowned for her warmth, authenticity, potent storytelling, humour, and ability to inspire real-world action.
- » Kristen is a Board Member of the Canadian Association of Professional Speakers and winner of a Toastmasters “Competent Communicator Award.”
- » Kristen holds a CPCC from The Co-Active Training Institute (CTI) and has earned a Professional Certified Coach (PCC) designation from the International Coaching Federation (ICF).
- » Robust community of fellow coaches, consultants, and trainers in allied leadership development areas including Diversity, Equity and Inclusion (DEI) and Belonging, Cultural Transformation and Cultural Indexes, Creativity and Innovation, and Mental Health and Meditation Experts.
- » Programs are experiential, create psychological safety, facilitate inclusivity and belonging for marginalized voices, are customized based on department and employee role, and can be led virtually or in-person.
- » Host of the Inspirational Leadership Podcast – a podcast featuring insightful conversations with CEOs, HR leaders, and forward-thinking experts on leadership development and creating positive workplace cultures.

CONTACT KRISTEN TO EXPLORE YOUR BEST PROGRAM OPTION.

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