

# Dr. Kathryn Preston

Keynote Speaker | Corporate Performance Coach | Optimist

*“Helping companies move past the noise to have conversations that matter.”*

*Forward-Thinking Keynotes & Intensive Corporate Programming in:*

*Motivation & Engagement | Team Communication*

*Impactful Culture | Confident Leadership*



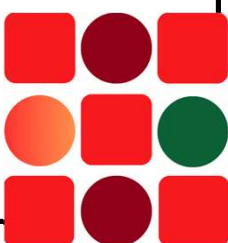
# FORTUNE FAST COMPANY

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# Hi, I'm Kathryn.

Here's my mantra for everything in life.

“Inspiration is worth nothing if not accompanied by action.”

And this underpins my approach to my keynotes and workshops.

I don't describe myself as a motivational speaker — instead, I'm an "action-based speaker," driving real change with data-backed strategies your company and teams can apply in real life.

These aren't the everyday, obvious keynotes and workshops filled with corporate buzzwords and empty platitudes. Instead, you'll think critically, create new pathways, and develop an action plan to take back to your team.

Let's boldly have the high-impact conversations that matter to you and your organization.

Action-based and solution-oriented keynotes designed for your corporate and organization events:

- Confident Communication for Teams and Leaders
- Sustainable Motivation Strategies for Impactful Work
- Moving From a Fear Culture to a Trust Ecosystem
- Curiosity-Driven Team-Building for Optimized Culture & Engagement

Let's move beyond the noise.

Together.

-Kathryn

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# Discover Keynotes

## Actionable Keynotes:

*Available for corporate & organization retreats, conferences, ERGs, leadership & professional development.*

### Cultivating Curiosity: How to Build Curiosity-Driven Teams for an Engaged Workplace

Workplaces everywhere are struggling with poor communication, dwindling team engagement, and fractured cultures. Through storytelling and enlightening data, Kathryn proves that loss of curiosity is the reason for these common leadership pitfalls. Action-based and solution-oriented, discover the neuroscience-backed secrets of building **"Curiosity-Driven Teams"** that **function cohesively and engage meaningfully** through focused creativity, effective problem-solving, and innovation.

### The Motivation Matrix: Proven Strategies to Build High-Performing, Culture-Driven Teams

From traditional motivation and incentive programs to executing effective teamwork, everything we've been taught about getting the best from our people often fails. Why? **Discover the science behind what works (and what doesn't) to build strategies for high-performing teams while optimizing for culture.**

### Creating a Culture of Changemakers: Unlocking Limitless Growth in Ourselves & Our Teams

Whether it's a fear of change, mistakes, or judgment, fear impacts how we work together, solve problems, and make decisions. Learn the strategies to **navigate fear and empower a workplace of innovation, a culture of trust, and unlock sustainable strategies for motivation and engagement within our teams.**

### Compassion Fatigue: The Emotional Cost of Caring in a People-Facing Profession

Explore the hidden toll of people-centric professions, where the demands of caring for others can come at the expense of personal well-being. Often mistaken for burnout, compassion fatigue is now widespread across industries reliant on human connection, from client relations to HR. Discover data-driven insights to **recognize and navigate the pressures of our roles while reclaiming professional fulfillment.**

## Women-Focused Keynotes:

### "Put on Your High Heels": Elevating Dynamics Within Female Teams

Identify how dynamics between women impact their opportunities for leadership and career advancement. In this keynote, the taboo topic of how women treat one another is explored, providing a unique, **woman-focused solution to the gender pay gap and unequal representation in leadership.** Learn actionable strategies at the individual and organization levels to truly create more inclusive workplaces for women to thrive all the way to the top.

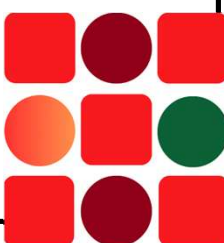
*All keynote content & goals are tailored to your organization's objectives.*

*Let's create an impactful program together!*

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# Workshops & Trainings

## Actionable Workshops & Trainings:

*Available in single workshop or longer-term programs to adapt to the changing needs of your organization.*

### Cultivating Curiosity: How to Build Curiosity-Driven Teams for an Engaged Workplace

Workplaces everywhere are struggling with poor communication, dwindling team engagement, and fractured cultures. Action-based and solution-oriented, Kathryn shares the **neuroscience-backed secrets of building “Curiosity-Driven Teams” that function cohesively and engage meaningfully.**

*Goal #1:* Identify barriers to curiosity – from restrictive protocol cultures to complex org structures.

*Goal #2:* Discover the 2 curiosity types to tap within teams for optimized communication & engagement.

*Goal #3:* Develop strategies to activate curiosity-driven protocols that encourage effective problem-solving, enhanced collaboration, and a bias for innovation.

### The Motivation Matrix: Proven Strategies to Build High-Performing, Culture-Driven Teams

From traditional motivation and incentive programs to executing effective teamwork, everything we’ve been taught about getting the best from our people often fails. Why? **Discover the science behind what works (and what doesn’t) to build strategies for high-performing teams while optimizing for culture.**

*Goal #1:* Identify antiquated motivation practices and replace with strategies for team engagement.

*Goal #2:* Empower team members to proactively engage in their roles and organizations.

*Goal #3:* Equip leaders with tools to activate the skills and commitment of their people.

### Creating a Culture of Changemakers: Unlocking Limitless Growth in Ourselves & Our Teams

Whether it’s a fear of change, mistakes, or judgment, fear impacts how we work together, solve problems, and make decisions. Learn the strategies to **navigate fear and empower a workplace of innovation, a culture of trust, and unlock sustainable strategies for motivation and engagement** within our teams.

*Goal #1:* Identify barriers to action – from fear culture to inefficient protocols & reporting structures.

*Goal #2:* Create action plans to embed a growth philosophy into the fabric of every encounter and task.

*Goal #3:* Unify team communication, mindset, and protocols to bring the company mission to life.

### How to Captivate Attention & Inspire Action: Confident Communication for Teams & Leaders

Effective communication is one of the most critical ingredients for well-functioning teams and securing and maintaining client relationships. But, it’s one of the most difficult parts to get right. Discover how to **lead and communicate with confidence and clarity** in this actionable workshop.

*Goal #1:* Empower ownership in each team member’s communication, from clients to colleagues.

*Goal #2:* Cut through unnecessary communication barriers to efficiently move from idea to innovation.

*Goal #3:* Bridge communication gaps between leaders and team members to optimize for accuracy, empathy, and productivity, while elevating the client experience.

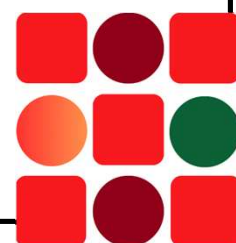
***All workshop/training content & goals are tailored to your organization’s objectives.***

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# Discover Keynotes

## What you can expect working with Kathryn...

*I'm proud to say I don't offer "boxed" keynotes. I enthusiastically learn about your team and organization to build a session that is fully tailored to your unique challenges and goals.*

*"From planning to delivery, working with Kathryn was an absolute pleasure. **She learned our company, strategy, values and goals in record time, and tailored her messaging to significantly impact our employees** – which she absolutely did. Throughout the week, Kathryn took the time to get to know our employees and engage with them; she wasn't your typical "in and out" speaker and our employees LOVED that she made that time."*

*- Global Internal Communications Executive*

*"From the moment we explored working together, **Kathryn was reliable, communicative, and easy to partner with.** Her content spoke directly to the audience in a way that was relatable and thought-provoking. I would highly recommend partnering with Kathryn. **She's energetic, dynamic and a true professional!**"*

*- VP, Client Engagement*

*"Electrifying! Kathryn is **really great at keeping the audience engaged.** She's an absolutely fantastic speaker. Relatable, insightful, knowledgeable, and even funny!"*

*- Session Attendee*

*"As Director of Operations, I've seen many keynote speakers. Kathryn's was truly **the most engaging, interactive, and refreshing** of all of them."*

*- Director of Operations*

*"I don't typically like keynotes my company brings in. But, Kathryn's was the **first one I actually enjoyed** and got a TON out of. I loved that **she made time to get to know us** and answer questions afterwards. She is so approachable and a fantastic speaker."*

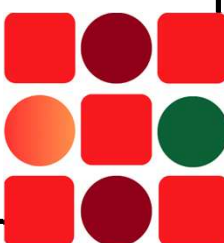
*- Session Attendee*



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# Discover Keynotes

## Get to know Kathryn...



### At-a-Glance:

- Dynamic professional keynote speaker, workshop facilitator, & corporate performance coach.
- Expert in team communication, employee engagement, and corporate culture-building.
- Described as “bold,” “real,” and “engaging.”
- Team dynamics expertise from prior career in complex special needs healthcare and teaching at a top university.

Throughout her multifaceted career in healthcare, education, and business, Dr. Kathryn Preston has always been an **out-of-the-box thinker**.

“Why are we talking about X, when *clearly* there's a catastrophic issue with Y?” — a question she frankly asks her client partners.

**Kathryn's talent lies in seeing beyond the status quo discussions that distract companies from truly fulfilling their most ambitious goals.**

From boldly identifying unhealthy workplace dynamics between women as the unspoken reason for the gender pay gap, to bravely exploring nuanced issues like compassion fatigue and curiosity-loss to take us beyond tired discussions on workplace “burnout” — **Kathryn is committed to helping companies have *real* conversations that matter.**

She has a knack for identifying the honest issues **that move companies' engagement and culture initiatives forward**. She now brings innovative strategies to help professionals and their companies achieve peak performance while building a healthy and productive corporate culture.

**Kathryn doesn't describe herself as a motivational speaker — instead, she is an “action-based speaker.”** Through evidence-based and interactive keynotes and workshops, Kathryn is laser-focused on creating high-impact experiences that audience members can immediately apply in their workplaces. **Kathryn's sessions are effective for corporate or organization events, human resources, professional development, employee resource groups, and more.**

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