



Biography

As a [Speaker](#), Author and ICF certified Coach, Kris Cavanaugh's background includes over 20 years of experience training and mentoring individuals. She believes the key to a successful life begins with a person's ability to manage their life in the same way a C.E.O. manages a company. Kris is an expert strategist with an amazing ability to pull her clients through difficult challenges to obtain the results they truly desire.

Her company, Shift, specializes in helping individuals and companies *produce more consistent results and increase their effectiveness* through cultivating a C.E.O. mindset so their businesses, organizations, departments, and personal lives thrive. Her clients experience a higher quality of life by the end of her coaching programs, allowing them to gain a deeper sense of well-being and satisfaction both personally and professionally.

If you have a desire to live your life "on purpose" so you wake up every day excited about the possibilities and maintain an unwavering belief that you will overcome any obstacles to achieve your personal and professional goals more easily and consistently, Kris would be a wonderful resource for you to connect with to make that happen.

To learn more about how to become successful C.E.O. of your life, go to <http://www.StucktoCEO.com>. To learn more about how to become more comfortable journeying through challenges in your personal and professional life, go to <http://www.StandingNakedInTheStorm.com>.

Kris looks forward to developing relationships with all her clients, and truly loves watching their lives transform dramatically during the coaching process. There is nothing better to Kris than knowing every day she has a chance to make a difference in the world around her – one life at a time!

Recent testimonies about Kris include:

"For a long time I put off the notion of hiring an Executive Coach, even though there are many books and professionals that swear by it. When I decided to hire Kris, it was an easy decision. She is one of the most positive people I know and from initial strategy discussions to coaching calls; she had questions and solutions that were completely out-of-the-box. I admire how she can take a problem and break it down to a process. Process is something I am excellent at in business, but she has helped me see how I can apply it to my personal life as well."

- Todd Nielsen, CEO, Decision Systems Plus, Inc.

"One of our IT Managers referred Kris to us as a speaker for our Women of AT&T luncheon. Her interactive presentation proved to be very insightful and valuable to everyone in the room. Several employees thanked me afterwards for inviting Kris to speak and suggested we have her come back for another event. I would highly recommend Kris to any company seeking to motivate their employees to be their best because she has a natural way of helping them "connect the dots" and providing strategic tools to make it happen."

- Theresa Spralling, Senior Associate Director of Training, AT&T

To hear what others have said, click on the following link: [Testimonies about Kris Cavanaugh](#)