

CHANGE IN ANY
ORGANIZATION

STARTS WITH

YOUR PEOPLE.

“Kate’s guidance and support helped build a strong foundation of trust with a new leadership team. That foundation has helped us successfully navigate challenges and change without losing focus on our big picture goals. The strategy work coupled with learning tools for stress through one on one leadership coaching, has helped develop reluctant managers into supportive and dynamic leaders with a coaching mindset.”

-Client

**kate
moreland**
COACHING & CONSULTING

SEE & EXPLORE

SUPPORTING
PEOPLE AND
ORGANIZATIONS
NAVIGATING
CHALLENGING
TIMES

[KATEMORELANDCOACHING.COM](https://katemorelandcoaching.com)

[KATEMORELANDCOACHING@GMAIL.COM](mailto:katemorelandcoaching@gmail.com)

319.321.4971

WORKPLACE INNOVATION, MEDIATION & WELLBEING SERVICES

WORKSHOPS

- Building Resilience : 3 Steps to Thrive
- Let's Do This! Sparking Team Innovation with Strategic Doing
- Hard Conversations and Emotional Intelligence

KEYNOTES

- Workplace Well-being in Challenging Times
- Admired Leaders and Emotional Intelligence
- Even Visionaries Get the Blues- Navigating Burnout

WELLBEING CONSULTANT + COACHING SERVICES

- 1:1 Executive Coaching and Leadership Team Building Retreats
- Strategic Plan Development with a Bias toward Action
- 360 Degree Leader and Personality Assessments with Coaching
- Employee Mediation Services

KATE'S PHILOSOPHY

"WE ARE LIVING IN UNCERTAIN TIMES AND IT IS HAVING A REAL IMPACT ON PEOPLE'S NERVOUS SYSTEMS. YOUR ORGANIZATION IS ONLY AS HEALTHY AS "YOUR PEOPLE". THE IMPACT OF THE WELLBEING OF YOUR PEOPLE DIRECTLY IMPACTS NOT ONLY YOUR BOTTOM LINE, BUT ENGAGEMENT, THE EXECUTION OF CREATIVE STRATEGY AND THE WILLINGNESS TO EMBRACE INNOVATION.." KATE



GET IN TOUCH

*Not sure which option is best?
Reach out for a free consultation
and we can work together to
customize a plan to meet your needs
and best support the people in your
organization.*

katelandcoaching@gmail.com

KATE MORELAND'S BIO

As a lawyer and an experienced leader and CEO in economic and community development, Kate Moreland has worked with non-profits, state and local government, education institutions, Legal teams, health care and the private business sector. Kate works with organizations and leaders to provide skills and tools to increase innovation, transformation and wellbeing in the workplace. Kate is skilled as a public speaker, facilitator and a change agent for businesses, communities and individuals. She is a trained coach, has certifications in the Science of Well-Being and Emotional Intelligence from Yale, and is certified in the mind-body connection. She is also a master collaborator and is a certified fellow in Strategic Doing. Kate is a strategic partner with Next Generation Consulting.

"Life is a continuous learning journey; conscious leaders embrace change and growth." - The 15 Commitments of Conscious Leadership