

# KATE PAYNE

EXECUTIVE  
COACH



## About

Kate guides business leaders through critical growth stages to fulfill their absolute potential. She's shaped leaders at some of the world's most recognized companies, including McKinsey & Company, Proteus International, The Children's Place Retail Stores, Fast Company Magazine, Julep Beauty, and Accenture. By helping people become aware of strengths and blind spots, Kate provides the strategies to overcome obstacles and become better visionaries, listeners, influencers, and executives.

A firm believer in the power of self talk, Kate helps executives pursue professional success with clarity and confidence. And you're next.

## Audience Benefits

With nearly two decades of executive coaching experience across industries, Kate helps clients get results for themselves, their teams, and their businesses. People who watch Kate speak will learn the mindset, approach, and skills needed to transform their careers. The audience will feel invigorated and purposeful with a refreshed perspective on what it means to be a leader.

## Endorsements

"I respect the heck out of Kate; she's part coach and part psychiatrist and that's hard to find." - F. Dadah: Former Partner/Managing Director, Winter Wyman

"Kate's practical wisdom on how to lead and strengthen trust in relationships bred motivation, inspiration and greater productivity from my team." - Tad Read: Sr Deputy Director for Strategic Planning, Boston Planning and Development Agency

"Kate has a quiet strength that makes you accountable to yourself when things need to move." - G. Lissauer: Founder, The Chocolate Nation

## Core Topics

### CRITICAL ACCLAIM

The way you speak to yourself predicts your day, your relationships, and your future. In this talk, Kate teaches people how to turn limiting beliefs into forces of positive change with:

- Exercises in self-reflection
- Increased trust in self
- Inspiring stories of executives overcoming self-imposed obstacles

### THE LEADERSHIP PARADOX

Most people assume that a leader needs to be one thing or another—they are usually wrong. Kate will teach how both situations and people demand different approaches by:

- Uncovering feedback on your impact
- Recognizing opportunities to (or not) deploy your strengths
- Stepping out of your comfort zone to try something different

### (OVER)DUE REFLECTION

As technology takes over the workplace, our attention often goes out, instead of in. Here Kate will share practices for getting off auto-pilot and critically assessing your leadership role, including:

- Holding up a mirror to your impact
- Making choices that are conscious and strategic
- Building people's trust in your leadership

"I teach the value of human connection."

CONTACT: FOR MORE INFORMATION, PLEASE CONTACT [SPEAKING@KATEPAYNE.CO](mailto:SPEAKING@KATEPAYNE.CO) OR VISIT [KATEPAYNE.CO](http://KATEPAYNE.CO)