

October: Mirror, Mirror... On Your Leadership

October is the season of Fall (reflection, & transition). In this season of change, as the leaves change, so can YOU! It starts with seeing yourself clearly!



As we move more into Fall, a season known for change and reflection before we Winter...

This is a perfect time to pause and consider with honesty how you are leading in your life.
Because great leadership starts with seeing yourself clearly.



Leadership Reboot: Emotional Intelligence (EQ) Path

Do you resonate with these statements?

- I want to improve how I handle stress and emotional triggers at work.
- I feel like my emotions sometimes cloud my communication or decision-making.
- I need to build stronger empathy and trust with my team.
- I'm navigating burnout and want more balance and regulation tools.
- I want practical tools for leadership presence and emotional agility.

Choose the ***EQ Leadership Reboot*** to build emotional awareness, resilience, and real-world leadership impact.

[Learn More](#)

Leadership Reboot: Enneagram Path

Do you resonate with these statements?

- I want to understand my inner drives and patterns more deeply.
- I feel stuck in the same leadership behaviors and want to know why.
- I'm curious about what's underneath my triggers or strengths.
- I want to uncover what motivates me (and what holds me back).
- I'm seeking a more spiritual, personality-based map of growth.

Choose the ***Enneagram Leadership Reboot*** to discover your inner operating system and grow from the inside out.



[Learn more](#)

What I'm Offering

As we transition into Fall, I am excited to share meaningful ways we can work together - whether you're ready to reboot, recommit or realign.

Mentorship Mastery Book – Available on Amazon!

I'm honored to be a contributing author in this upcoming book on holistic mentoring filled with stories, tools and frameworks for mentoring with both heart.

My chapter explores the internal journey of leadership with practical tools you can use today to increase your EQ to help shape relationships. [Get it Here](#)

Spring 2026 Group Experience – Self-Discoveries

Join me for a short intense group coaching series focused on self-awareness and personal insight with like-minded leadership. We'll use an assessments to explore your leadership style and inner patterns—to grow the kind of leadership that starts within.

→ **Learn More & Want on the Waitlist?** [Click Here](#)

Coaching | Consulting | Leadership Training

I support leaders and teams who are ready to grow from the inside out—through 1:1 coaching, team sessions, and tailored trainings. It's about creating clarity, confidence, and real connection in how you lead both in your personal and professional life. Let's connect and chat!

→ **Let's connect** [Click Here](#)



Thank you for being here.

Whether you've been following along for a while or this message found its way to you through a friend—I'm grateful you're here.

If this resonated with you and you'd like to receive future insights, tools, and leadership offerings directly → [Click Here](#)

Let's keep growing together!

With Gratitude & Luv,
Kristen



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