



# ALLISON KINNEAR

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Research-based Content + Powerful Stories + Integrative Activities =  
Dynamic & Impactful Events

## Building Resilience & Success in the Age of Uncertainty

Life and work are more demanding than ever. You don't want to walk away from your career, yet living life on the brink of exhaustion is no way to live. Allison helps you stay in the game and love being there.

## You are Not a Fraud: Overcoming Impostor Syndrome

Imposter Syndrome is a pattern of thinking in which one is afraid of being exposed as a fraud. Allison helps you overcome perfectionism, micro-management & fear of failure so you can be even more powerful at work.

## Creating Synergy: Building a Culture of Trust

When teams are strong, they can do incredibly powerful work with little intervention from upper leadership. This workshop is designed to create powerful habits that build trust and uncover the hidden pitfalls that are undermining your efforts.



### About Allison:

For the past 25 years, Allison has studied and developed tools which improve communication, build confidence, and create healthy relationships at home and work. She honed her skills as a manager during her seven-year tenure at Google in the People Ops department.

Allison has a BA in Child Development, an MA in Human Development and was an instructor at Seattle Life Coach Training. She spends her time coaching, teaching and speaking to companies & organizations. To learn more, visit her at [www.allisonkinnear.com](http://www.allisonkinnear.com).



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