



KRISTEN HARCOURT

Keynote Speaker | Emotional Intelligence Expert | Leadership Coach & Trainer



SIGNATURE KEYNOTES

The Key to Leadership Success: Self-Awareness and Emotional Intelligence

Leaders, managers, and business professionals discover strategies to improve their emotional intelligence so they can develop more effective relationships, deepen their empathy, more accurately assess their strengths and weaknesses, address little c and big C crises, and cultivate an engaged and productive workforce.

Mindfulness: The Pathway to Greater Productivity, Creativity, and Wellbeing

In this presentation, Kristen discusses what mindfulness really is (despite how it's often marketed to us). She also shares key ways individuals can build mindfulness into their personal and professional routines, cultivate resilience, and heighten their self-awareness to enjoy greater success and wellbeing in the workplace.

Own Your Voice and Unlock Your True Potential

People want to feel connected to their companies, to their work, to their communities, and they want to feel safe speaking up for the ideas they are passionate about. This presentation provides a clear pathway that employees, managers, leaders, and HR professionals can take to show up to work and life more authentically, experience greater fulfillment, and show others how to do the same.

BOOK KRISTEN HARCOURT FOR YOUR COMPANY, ASSOCIATION, OR CONFERENCE.

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ABOUT Kristen Harcourt

For more than a decade, Kristen has partnered with executives and emerging leaders in hundreds of organizations worldwide to achieve extraordinary and sustainable results through increased self-awareness, emotional intelligence, and mindfulness. In addition to being an in-demand speaker and facilitator, she is also an accredited coach, empowering leaders to become more aware of their strengths, blind spots, values, and purpose so they can build lives and organizations of success, sustainability, and health. Kristen has worked with a diverse range of organizations including Cineplex, Ontario Power Generation, Toyota, Economical Insurance, Meridian, OLG, Canadian Tire, CAA, Metroland Media, Heart & Stroke Foundation, Spin Master, DB Schenker, and more.



Kristen hosts a bi-weekly podcast called Inspirational Leadership where she interviews progressive CEOs, strategic HR leaders, and forward-thinking experts who share her passion for leadership development and creating positive work cultures. A keen student of human nature, Kristen graduated with an Honours Bachelor of Arts in Sociology and Psychology at McMaster University. She holds her CPCC and ACC designation through the International Coach Federation (ICF) and is a member of the Canadian Association of Professional Speakers (CAPS).

PRAISE for Kristen Harcourt



Kristen is an engaging, interesting, and entertaining speaker who lent her thought leadership at Disrupt HR Toronto. Her talk, "Why the CEO should report to the CHRO," was amongst the most popular talks delivered to date.

Kathleen Teixeira Virtu

Senior Manager, Talent Acquisition Strategy at Loblaw Companies Limited



I absolutely loved the talk that Kristen delivered at a PwC event for Female Leaders in Mining. I was so captivated by the content and delivery - it really resonated with me.

Dorena Quinn

Global Vice President People, IAMGOLD Corporation



Kristen is a talented and engaging public speaker. She was the keynote speaker for our Niagara Chapter HR Professional Association where she spoke knowledgeably about Levering Your Strengths and Increasing Your Effectiveness, and her friendly and interactive style was much appreciated by our members.

Marcey Saunders

Human Resources Business Consultant

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