

Opening session coach Katherine Gilliland

Job Title:

Company: Katherine Gilliland Coaching and Consulting

LinkedIn: <https://www.linkedin.com/in/katherinegilliland/>

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Speaker Bio:

Katherine Gilliland, PCC draws on over 20 years' experience as a leadership coach, management consultant, facilitator, and HR executive to help individuals and teams thrive.

Throughout her career, Katherine has focused on improving business performance through individuals' performance. She believes that clear vision, aspirational goals, and courageous communication in a trusting environment helps people be - and achieve – their best. Moving into coaching was a natural progression; now, she helps individuals identify and remove barriers to reaching their full potential. Katherine is an ICF-credentialed coach, team coach, and facilitator who has worked with individuals and groups spanning the globe, primarily in technology, healthcare, higher education, and non-profit industries.

Katherine partners with her clients for them to find their own leadership voice and increase their positive influence. Drawing on her corporate experience, she understands the daily challenges leaders face – both in their environment and from within themselves. With kind accountability, grounded presence, and a dash of humor, Katherine challenges her clients to re-evaluate their perceptions, reframe their perspectives, and realign their actions with what is most important. As a result, her clients achieve increased awareness, greater clarity, and renewed commitment to action... all leading to improved performance.

Working title of the presentation::

The Importance of Character

Description of the presentation:

If you're going to Conquer the Mountain, being intelligent, competent, and motivated isn't enough. You also need character. In this session, we'll explore what character is and how to develop it so that you have positive influence with others... and so you can reach the heights you desire!

Audience Interactivity Elements:

TBD - at the very least, some self-reflection and interactivity using the chat feature. Possibly a short breakout.

Recent Speaking History:

-Transformational Awareness through Transactional Analysis - International Coaching Week (inviteCHANGE); Virtual

- Civility and Professionalism in Law: Interpersonal Communications (NC Bar Association CLE, co-presented with Nan Hannah)

