

KIMBERLY NAPIER

ELEVATE YOUR EXTRAORDINARY™

www.KimberlyNapierLLC.com



I am a transformation coach, speaker, and trainer to exceptional women, and break-out leaders who want to take their life to the next level.

My message is simple — don't wait for a "wake-up call" to transform your life.

My mission is to empower individuals to live their most authentic and incredible version of their life — to elevate their life to the next level now — before their wake-up call comes. During a successful and advancing marketing career of more than 20 years, I experienced my own real life wake-up call that transformed my life, and how I consciously live moving forward.

As a coach, speaker and leadership trainer, I help others transcend traditional or conventional outcomes in personal and professional fulfillment after a real life crisis or before a wake-up call. I work with exceptional individuals and leaders to help them discover (or rediscover) their purpose, step into their power, and unleash it to inspire themselves, others and their teams and organizations.

Our work together uncovers what fulfills them. Through my coaching process and DARE Empowerment workshops, I lead them on a path of self-discovery and empower them with the tools to increase their resilience, appreciation for life, and to move forward and upward to create their own future.

My work is inspired through my own life transformation, training from The Coaching Training Institute and certification in Positive Psychology — the Science of Human Thriving and Resilience.

My Background

My passion has always been connecting with people to discover what truly drives and inspires them. Prior to coaching, I had a successful twenty-year career in market research and consumer insights as a senior executive, business partner/owner, and moderator/facilitator. I led insight-driven teams to uncover the drivers behind some of the most well known brands, like Gatorade, Pepsi and GE. My last positions include: Global Director of Consumer Insights at Welch Foods and SVP/Partner of Business Development at The Forbes Consulting Group, Inc.

My Education

I have always been curious about what motivates people. This led me to study human behavior with an undergraduate degree in Marketing and concentration in Psychology. I received my MBA in Marketing from the F.W. Olin Graduate School of Business at Babson College. I am certified in Positive Psychology (CiPP), which is the study of optimal human functioning and resilience. I received my training under Harvard Professor, Tal Ben-Shahar, Kripalu Yoga Institute and The Wholebeing Institute. I obtained my coaching training from The Coaching Training Institute (CTI), and I am trained in the CO-Active Coaching Model (CPCC).

My Inspiration

My inspiration for my life work starts at home with my two amazing, beautiful girls. I aspire to raise my girls to be confident and brave women, who wholeheartedly embrace who they are and are becoming. They along with my four-legged friends, Chase and Daisy, remind me everyday that life is meant to be joyful, alive and savored. I find my FLOW through running and dance, and my calm through daily meditation.

To learn more about my programs, please visit www.KimberlyNapierLLC.com