



Kelly Kirkpatrick

Coach / Facilitator

Kelly helps leaders develop the best version of themselves.

As a licensed psychotherapist with experience in human resources, Kelly uses her rare combination of skills to help leaders make mindset shifts that lead to big breakthroughs.

Clients appreciate Kelly's ability to:

- Be supportive of their development while holding them accountable
- Help leaders understand the motivations influencing their decision-making processes
- Take in the big picture and partner on solutions
- Teach the value of being present and curious
- Teach the power of listening - between the words
- Be a calm head in times of crisis

Areas of expertise:

- **Leadership Development**– C-Suite and high potentials, especially with startups
- **Communication Skills**– verbal, nonverbal, tone and body language
- **Confidence and calculated risk taking** – overcoming imposter syndrome
- **Creating Trust** – openness, flexibility, and authenticity – leading by example

More about Kelly

Kelly is an experienced HR professional with years of experience in several areas of human resources, with a focus on development, including talent development, org development, policy, engagement, DEI, belongingness, performance appraisal, coaching and counseling, and training.

Her second career as a Psychotherapist helped her to expand her innate capacity to make someone feel seen, heard, and understood. She is a calm head in times of chaos. She loves to help people discover their true passions. She prides herself in saying the thing that everyone is thinking, but too afraid to say.

Kelly holds a Master's in Counseling Psychology Pacifica Graduate Institute and is a licensed Marriage and Family Therapist. She lives in Los Angeles, CA and spends her downtime cooking, hiking, and hanging with her two children

client testimonials

I used to always be in a hurry, feeling like I never had enough time in a day. Kelly helped me re-evaluate how I used my time, helped me learn how to communicate better, and how to develop others to help get the best results out of not only myself but others.

– Kristen M., Exec in E-Commerce Startup

Kelly helped me see how my defenses were holding me back and not allowing me to always see the big picture. I've learned to see myself as others do and am happier and more successful than I ever could have imagined.

– Mike G., C-C-Suite Exec. in Tech

Kelly helped me slow down and take in all the layers of any given situation. I've learned that to be a great leader you need to make time and be present for your co-workers. I now use the 80/20 rule of time management and disconnect from tech when in one-on-ones.

– Charlie K., Fintech Startup

client list

OUYA

LIONSGATE



PLAYBOY

Gap Inc.

OLD NAVY

BANANA REPUBLIC

GAP

GAP
KIDS

baby
GAP