

transformative **COACHING**

*Remove old patterns, develop
new capacities*

Kristen coaches from the perspective that clients have expert knowledge of themselves. Her role as a coach is to skillfully guide clients through a process of self-discovery to help them gain better access to their internal wisdom and intuitive knowing. Part of that involves learning about the client, how they see the world, and their values.

Kristen's approach is focused on helping clients uncover and let go of old beliefs and patterns that no longer serve them while supporting them to develop new capacities and live in better alignment with their values and goals. Leveraging their existing strengths, Kristen works collaboratively with clients to build these new capacities and practically apply the insights they gain to make lasting, sustainable changes.



Kristen Barton

Kristen (she/her) is a leadership development coach, consultant, and professional facilitator. She has 10+ years of experience in the private and nonprofit sectors as a leader and change agent. Prior to that, she worked for 13 years as a psychotherapist serving communities. Kristen brings a grounded presence balanced with lightness and humor in all her work.

PRIMARY COACHING AREAS

Relationships & Communication

Leadership Development

Navigating Transitions

Transformational Growth

Resilience & Wellbeing

Women's Leadership

**radical
wisdom.**

Certified Integral Associate Coach, Integral Coaching Canada

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