

## KATRINA LEMPENSKI



Katrina Lempenski is an accomplished consultant, executive coach and leadership trainer who ignites the growth of high-performing people. With a 15-year economic development and business background, she has advised leaders of cities, states, countries and companies, such as Goldman Sachs, Nielsen, NBC, and Women Deliver, plus such Governments as Australia, Japan, New York City, Pennsylvania, Portugal, Texas and Wales.

Driven by the human side of business, Katrina partners with introspective professionals who want to increase their effectiveness and performance excellence while operating authentically. Her blended Economics and Positive Psychology experience forms her unique interdisciplinary approach to leadership work. With a globally comprehensive viewpoint on development growth, she believes in the importance of using resilience based leadership as an intentional asset. Her self-reliance based advisory instills lasting change impact that equally benefits both professional and employer with commitment and respect.

Katrina earned her BSBA in Business and Spanish from The College of Saint Rose, and her coaching and Positive Psychology accreditations from Martha Beck International and The Flourishing Center. She has taught at NYU's Stern School of Business as a leadership trainer and sits on the YP Board of NAMI. A native Vermonter, Katrina resides in New York City with her family.

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