



KATHARINA STUERZL,
SHRM-CP, CERTIFIED PROFESSIONAL COACH

Kat Stuerzl is the C.E.O. (Chief Energizing Officer) of *Leave Your Box with Kat Coaching & Consulting*, Career Coach and Instructor of Business at Penn State University, & Life Enthusiast!

Born and raised in Germany, her background in cultural studies and linguistics led her to a career in people operations in manufacturing in the US.

By leading wholeheartedly, and fostering cultural transformation within one individual at a time, she reduced employee turnover from 22% to 4% within her first year of being in her role.

Wanting to carry her philosophies into the world, she began building her coaching practice, co-authored "Step into Your Brave", and began her public speaking journey.

Kat is fiercely passionate about leaving the box of external validation, fear, and doubt, and shifting into the freedom of internal knowing, joy and endless possibilities!

Available for
Coaching, Workshops & Speaking

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Pennsylvania, USA (excited to travel!)

Inspiring Speaker & Author
Culture Transformation Enthusiast
Energy Leadership Master Practitioner

SPEAKER TOPICS

- Culture Transformation: Within You & Your Team
- Leave Your Box & Unleash Your H.E.A.R.T.
- MindSET to MindDANCE: Shifting from Fixed to Growth Mindset
- Own Your Past, Master Your Future

PODCAST QUESTIONS

- First of all - what "BOX" are we leaving?
- Why is taking ownership of your past *the* key to self mastery and fulfillment?
- What are the 3Cs of Culture Transformation, and why it starts with you?
- What is the difference between MindSEt and MindDANCE?

KAT'S AUDIENCE SAYS...

Kat is a bright individual! The energy she brings to a room when presenting is completely passionate.

You can feel the fire burning within her as she leads others in becoming their most authentic version.

The charisma Kat has comes gushing like a wave to the audience; feeling her passion, excitement, and joy brightens the overall aura of the room!

Dominique, Analyst, Customer Value Partners

When I was thinking about the qualities of the person I wanted to kick-off our Leadership program, the person I was describing internally was Kat. She exudes an infectious energy that will grab and hold on to the attention of anyone.

What sets Katharina apart as a speaker is her genuine passion for empowering people to become exceptional leaders. She has an innate ability to ignite fire within listeners, motivating them to strive for greatness and reach their full potential.

Sam, Executive Vice President Schuylkill Chamber of Commerce

Katharina has changed me for the better in ways I never even realized were possible.

I feel less stress and anxiety, and I have become more productive without feeling overwhelmed. She helps me live at a higher energy, feeling less worry and more purpose and excitement for every new challenge.

Kat truly cares about all of her clients, and you feel that every time you talk with her. Anyone could benefit from her guidance.

Abby, Senior Programmer, MAE-Eitel