



Keynote/Workshop Topics

- The Authentic Leader: Fostering Human Connections & Candid Conversations
- Change Your Story, Change Your Growth: The Power of Narrative
- Empowering She: Strategies for Women to Lead and Thrive (personally & professionally)
- Cultural Competence: Building Bridges, Not Walls, in a Culturally Diverse World

Katharina Stuerzl, SHRM-CP,


Is a certified life and leadership coach specializing in **empowering authentic self-expression and effective communication.**


With a background in HR, career coach and instructor of business in academia, and a master's in cultural studies, she brings a unique blend of **strategic insight** and a deep **understanding of human dynamics and cultural nuances** to her work with both **individuals and organizations.**


In her previous role, Kat successfully **reduced employee turnover by 80%** and **increased development program participation to 88%.**

Her coaching approach is **results-oriented**, incorporating elements of **positive psychology** and **cultural competence** to foster **thriving teams and empowered leaders.**

Let's Connect!

 Kat@leaveyourboxwithkat.com

 www.LeaveYourBoxWithKat.com

 Instagram @leaveyourboxwithkat

 <https://www.linkedin.com/in/katharina-stuerzl/>

“Feel the Fire Burning”

- Her Audience

“Kat 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

“The energy Kat 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 excitement and joy brightens the overall aura of the room!”

- Dominique

“Katharina's speaking style is JOYFUL and so AUTHENTIC; yet she has really SOLID information to share!”

- Porcia