



**KATHARINA STUERZL,**  
SHRM-CP, CPC, ELI-MP

Available for Coaching, Workshops & Speaking

Kat Stuerzl is the Owner of *Leave Your Box with Kat Coaching & Consulting*, Career Coach at Penn State University, & Life Enthusiast!

Her background in cultural studies and linguistics led her to a career in people operations in manufacturing.

By leading wholeheartedly, 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 joined Penn State Schuylkill as instructor for business, enjoyed empowering students so much that she pivoted from HR to Career Coaching.

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

## CONNECT

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Pennsylvania, USA (excited to travel!)

Alignment & Leadership Coach  
Inspiring Speaker & Author  
Talent Acquisition & Empowerment Expert

## SIGNATURE TOPICS

- Leading Mindfully: From Personal to Professional Empowerment
- Expressing Yourself Authentically; even in Challenging Situations
- Toxic Positivity vs. Choosing Joy
- Vision Creation, Goal Setting & Aligned Action
- Empowering the Individual for a Successful Collective

## QUESTIONS RECEIVED

- Why is taking responsibility of yourself *the* key to success and fulfillment?
- How do I define my values and purpose to create a fulfilling life when there are so many expectations?
- How do I tap into my greatest (=most authentic) potential?
- How do you have so much energy?
- How do I turn every challenge into an opportunity?

## 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

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