

**LEAVE
YOUR BOX**



Katharina Stuerzl

SHRM-CP, Certified Professional Coach & Storyteller

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 Master's in cultural studies led her to a career in manufacturing in the US., where she reduced employee turnover from 22% to 4% within her first year of being in her HR role.

Always evolving she started coaching, public speaking, and co-authored "Step into Your Brave."

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

Available for Coaching, Workshops & Speaking

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Speaker (Sample) Topics

- Leave Your Box & Unleash Your H.E.A.R.T.
- Leadership Unleashed: Making a Difference Beyond Your Title
- The Secret to Effective Culture Transformation and Why It Starts With You

Podcast Questions

- How can individuals practically apply the principles of leaving the box and unleashing their H.E.A.R.T. in their daily lives?
- Can you share a personal experience where leaving your comfort zone had a significant impact on your life or leadership journey?
- What advice do you have for individuals aspiring to make a difference and lead, irrespective of their current roles?

"Feel the Fire Burning" - Her Audience

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, 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*