

SPEAKER INTRODUCTION

Kristen O'Shea can be introduced as many things, including consultant, trainer, coach, speaker, business owner, and Kansas State Senator. As the owner of O'Shea Strengths Coaching, she has served as a consultant and coach to individuals who are making a difference at many Topeka companies, such as Security Benefit, Junior Achievement of Kansas, US Bank, and the Greater Topeka Partnership.

Kristen holds a bachelor's degree in family science and human development from Kansas State University and a master's degree in education from the University of Missouri. In 2019, she received the Rising Professional Award from K-State's College of Health and Human Sciences. And in 2020, she was elected to serve as a Kansas State Senator for District 18, the youngest woman ever elected to serve in the Kansas Senate.

As both a speaker and a coach, Kristen's passion is helping individuals and teams discover and apply their strengths in both their professional and personal lives. We think you'll find Kristen's talk today energizing, inspiring and engaging, and we hope you'll leave here with a better sense of how to identify and work with your strengths for maximum growth and better harmony both in and out of the workplace.



KRISTEN O'SHEA
Consultant | Trainer | Coach | Speaker

AUDIO/VISUAL SETUP & REQUIREMENTS



Sound system with microphone

Preferably wireless lapel, but handheld microphone also works



Projection system with laptop connection available

(or laptop provided with PowerPoint software preloaded)



Clicker for presentation



Reliable, high-speed WiFi



Video-playing capability

