

KRISTEN O'SHEA BIO

Consultant | Trainer | Coach | Speaker

As a college freshman, Kristen O'Shea thought she needed to go against her natural skills and personality traits to achieve her goals. But after taking the Gallup CliftonStrengths assessment, she realized those same qualities were actually assets, *not* weaknesses. The discovery led to Kristen championing her university to become a Strengths-based campus, positively impacting more than 28,000 students, staff and faculty.

Kristen carried this same strengths-first approach into her post-college life. She previously served as Executive Director of the quality-of-life division for the Greater Topeka Chamber of Commerce, Leadership Greater Topeka, and coordinated membership for LeadingAge Kansas, an association for non-profit aging services.

Today, Kristen helps others discover and apply their own strengths in both their professional and personal lives. Through her business, O'Shea Strengths Coaching, she works as a trainer, coach and consultant for individuals and teams from corporate, non-profit, government and faith-based organizations. Her one-on-one coaching and team workshops are designed to energize, engage and inspire employees to identify their strengths and put them to work to do what they do best every day.

In 2020, Kristen was elected to serve as a Kansas State Senator and was the youngest woman ever elected to hold that office. She serves on the Board of Trustees for the Topeka and Shawnee County Public Library and was previously the Vice President of Shawnee County Parks and Recreation. She is a highly sought-after speaker and has been featured in various print and TV outlets.



EDUCATION, CERTIFICATIONS & AWARDS

Bachelor of Science

Major: Family Science & Human Development

Secondary Major: Gerontology

Minor: Leadership Studies

Kansas State University

Master of Education in Positive Coaching

University of Missouri

Graduate Certificate in Positive Psychology

University of Missouri

Gallup Certified CliftonStrengths Coach



2019 Rising Professional Award

College of Health and Human Sciences
Kansas State University

"20 Under 40" List - 2020

TK Business Magazine

Kansas Department of Commerce
Women Business Enterprise (WBE)
Certification

CONTACT INFO

Website: www.osheastrengthscoaching.com

E-mail: kristen@osheastrengthscoaching.com

SOCIAL MEDIA

