

I'M KRISTEN O'SHEA...

and I'm ready to engage, energize and inspire your audience!

What could happen if everyone in your organization was working *with* their strengths, not against them? That's the big question I want to help you answer during your next event. As a coach, consultant and speaker, I help individuals and teams identify their strengths and discover how to use them for maximum engagement and productivity in the workplace.

In the following pages, you'll find more about *my* strength: Speaking to groups in a way that energizes and inspires them. I've deployed this strength for organizations of all sizes across the country – and I'm excited for the opportunity to put it to work for your next event.

Kristen O'Shea

Consultant | Trainer | Coach | Speaker



KRISTEN O'SHEA

Consultant | Trainer | Coach | Speaker

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

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SOCIAL MEDIA



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

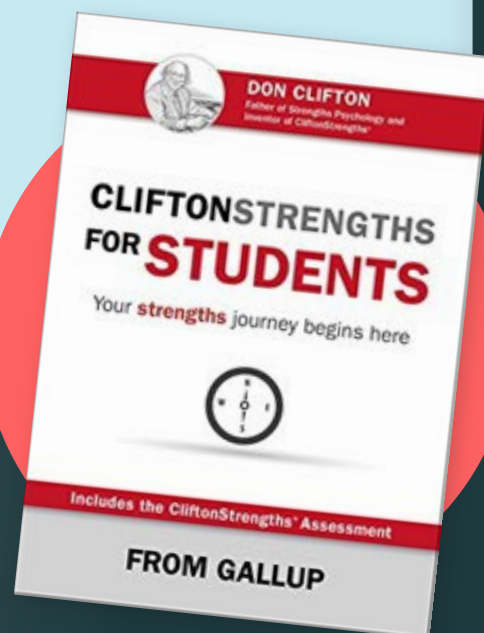


Video-playing capability



MEDIA APPEARANCES

- **TK Magazine:** Feature Profile
- **TK Magazine:** "Navigating Leadership" (contributor)
- **WIBW Feature Profile:** Kristen O'Shea youngest woman elected to Kansas Senate
- **Featured in:** "CliftonStrengths for Students: Your Strengths Journey Begins Here"
Published by Gallup
- **Hire Paths:** "Choosing a Vocation" (article contributor)
- **Disrupt HR:** "Encore Career: Change Your Story About Aging and Retirement"
(presenter)
- **Gallup Keynote Address**
- **The Route podcast**
- **Human Resource Management Network (HRMN) Annual Meeting**
- **Woman on the Move:** Spotlight
- **K-State Alumni Association**
- **Grad Career Festival**



TESTIMONIALS & REFERENCES



"Kristen's training was meticulous and meaningful and allowed us to identify and leverage the strengths of our team. She has a keen insight and understanding of organizational development and her work with strength-finder strategies and employee engagement moved our team to a new level of understanding that was supported by action."

Matt Pivarnik

President & CEO, Greater Topeka Partnership



"I was super impressed ... Kristen worked the stage looking stunning with grace and confidence and inspired others that there is no barrier, particularly age and gender. She spoke better than them all with passion and humor and stuck to time. And she was by far the best and most authentic keynote for the week."

Charlotte Blair

Consultant & Speaker, The Strengths Partners



"Incredible talk. I loved it. Her message is beautiful. She's gone so far in her strengths journey already and are inspiring so many others to help others grow."

Paul Allen

CEO, keynote speaker, tech visionary,
soar.com, Founder of ancestry.com



"The team strength training allowed me to get a deeper look at my teammates' personality traits and behaviors, which was tough to do prior to the training. I like how technology played a role. For example: having an Outlook plugin that gives insight on how to communicate with the different personality types on your team."

Jonathan Smith

Director of Healthcare Transformation,
Community Care Network of Kansas

REFERENCES

Alex Ore

SVP Government Relations
Kansas Bankers Association
785.232.3444
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Dana Weaver

Chief Operating Officer
LeadingAge Kansas
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Shari There

Executive Director of
Communication
Gallup
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shari_theer@gallup.com

PAST ENGAGEMENTS

Events with more than 500 attendees

Keynote speaker, Gallup CliftonStrengths Summit
(1,500 attendees)

Other speakers included *Johnny C. Taylor, CEO of Society of Human Resource Management (SHRM); Jim Clifton, CEO of Gallup; and Denny Marie Post, CEO of Red Robin.*

Career Grad Festival

Recording open to thousands of collegians

Events with 200-500 attendees

- Kansas Adult Care Executive Tanner-Foster Conference
- Junction City Area Chamber of Commerce
- Boomer Consulting Virtual Conference

Events with 50-200 attendees

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| <ul style="list-style-type: none"> • Kansas Society of Association of Executives • Association for Talent Development, Kansas City • Disrupt HR • K-State Research and Extension Administrator Professional Development Day • Wichita State University Student Life • Sales and Marketing Executives • American Business Women's Association, Career Chapter, Topeka KS • Salina, Manhattan, Lawrence, and Topeka SHRM • Institute of Internal Auditors, Topeka KS • Washburn Rural High School • LeadingAge Kansas • 1 Million Cups | <ul style="list-style-type: none"> • Leadership Greater Topeka • Sunrise Optimist • Kansas State University Entrepreneurship club • Kansas State University School of Leadership Studies students • Growing Futures Early Education Center • Women Business Owners • Lawrence Woman's network • Kansas Department of Health and Environment • Kansas Recreation and Parks Association • Kansas Bankers Association • Aging Positive Conference, Mid America Regional Council • State of California Government - Webinar |
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FAQ ONE-SHEET

Everything you need to know about hiring Kristen O'Shea for your next event

What are your speaking fees?

My speaking fees range anywhere between \$2,500 to \$7,500. The exact amount depends on the size of your event, number of attendees and length of presentation.

Do you offer virtual speaking opportunities?

I do! For virtual events, I provide organizers with notes to be distributed to attendees. I also request a link to the video of my presentation for my website and social media channels.

What types of audiences and industries are a good fit for your message?

I've worked with individuals and companies across all types of industries! But my message seems to resonate most with people who work in roles that deal with people, especially human resources, aging services and customer relations.

Do you offer any services besides keynotes?

Absolutely. I also offer hands-on workshops and development programs for teams and organizations. In addition, I provide coaching for executives who want to enhance their leadership and communication skills.

Why should we book you for our event?

Most companies have a job opening and try to fit the person to the job – and that often leads to a misfit of roles or communication styles. Instead, I try to change organizations' way of thinking by showing them how to fit the job to the person and their individual strengths. I bring a different perspective on how to engage people and get the most out of your teams.

Do you customize your presentation based on your audience?

Every presentation I do – whether it's a keynote, workshop or webinar – is tailored specifically for your event. I customize my talk based on your industry, event theme, presentation length, and the number of attendees. I also incorporate any specific outcomes you'd like to achieve.

How long are your keynotes? Do you offer a Q&A?

If you have a target time in mind, I can make my keynote fit into your schedule. Or, if you're not sure how long we might need, I'm happy to consult with you to discuss length. I frequently do Q&A sessions with my talks, so that's something we can include as well.

What can we expect to get out of your presentation?

I want every attendee to leave with a better understanding of themselves. I also want to make sure that attendees get tangible takeaways they can immediately apply to their roles. My mission is to give your team the tools to achieve noticeable results in productivity and efficiency.

How do we know which topic to choose?

Each presentation and workshop is designed to achieve specific outcomes for the target audience. It's best to start by reading through the presentation descriptions and find the one that fits best for your event. I'm also happy to talk through your event and help select the right topic for your audience.

Do you provide handouts and materials?

Yes. Handouts are a great way to engage the audience and encourage them to take notes throughout the session. I generally provide those to you before the event for copying and distribution to attendees.

PRESENTATION TITLES & DESCRIPTIONS



Coaching in a Keynote: **Unlocking Your Full Potential**

Audience: General

Key theme: Use your unique strengths and talents to live and work with intention, passion and purpose.

Description: All of us want to live our best lives, both personally and professionally. But for most of us, we are the ones holding ourselves back. The key to realizing our full potential is to stop living on autopilot and living intentionally every single day.

This keynote talk is actually a personal coaching session in disguise. In her presentation, Kristen will show your audience how to identify their most positive and promising traits – and how to apply them to get the most out of life every day.

Kristen's talk also addresses the importance of total well-being and how to recognize and maximize individual strengths, interests and resources. She'll demonstrate how individuals and organizations can use this knowledge to create a work environment that is future-oriented and values-based.

Throughout the talk, Kristen incorporates time for personal reflection and hands-on activities to help each audience member understand and apply the concepts presented.

Leadership at All Levels

Audience: General

Key theme: Discovering and optimizing your strengths, both personally and professionally.

Description: What if we all viewed our natural tendencies and top skills as strengths instead of weaknesses? Our productivity, motivation and engagement skyrockets when we learn to work with our strengths, not against them. In this hands-on program, your audience will:

- Identify their personal top five strengths, using the Gallup CliftonStrengths® assessment
- Find out how to change their mindset and embrace the personality traits, skills and talents they've been given
- Understand how working against their talents has held them back from maximizing productivity
- Explore ways to fully utilize their strengths to create the best work and life possible

Lead With Your Strengths

Audience: Executives, Managers

Key theme: Use your strengths to make you a more effective leader and manager.

Description: Getting the most out of your team starts with personal self-awareness. Knowing your strengths – and your weaknesses – allows you to become a better leader and get the most from your team. In this presentation, your audience will:

- Identify their personal top five strengths, using the Gallup CliftonStrengths® assessment
- Discover how to apply their strengths in a leadership role
- Learn more about identifying their team members' strengths and using that information to maximize productivity and engagement

Engage, Energize and Inspire: Creating an Environment Where People Want to Work

Audience: Executives, Managers

Key theme: Best practices for increasing engagement, improving retention and getting the most from your team.

Description: In today's market, it's not enough to just provide employees with a paycheck. They want more: More opportunities for growth, more chances to improve their skills, and more recognition of their accomplishments. This session will address why engagement is critical for the future of your organization and methods you can use to keep team members engaged, energized and inspired.

Your audience will learn:

- How to use each individual's strengths to set them – and the company – up for success
- Why a one-size-fits-all approach to leadership doesn't work
- The 12 Factors of Employee Engagement – and how they can be customized for the company culture
- Why opportunities for personal growth and recognition will encourage employee longevity and loyalty
- Why a work environment that puts people over profits can benefit the organization's long-term success

GROUP WORKSHOPS



Workshop: **Building Strong Teams**

Audience: Individuals at all levels within an organization – great for teams

Key theme: Create strong, efficient teams by making the most of individual strengths.

Description: What can your team achieve when everyone is in a role that plays to their strengths? That's the question we'll explore in this workshop, which highlights how your organization can harness individual team members' strengths for maximum efficiency and productivity.

Workshop attendees will:

- Identify their personal top five strengths, using the Gallup CliftonStrengths® assessment
- Find out how to change their mindset and embrace the personality traits, skills and talents they've been given
- Understand how working against their talents has held them back from maximizing productivity
- Explore how to use their strengths for better communication with team members, vendors and customers/clients
- Work with other team members to find ways to leverage individual strengths more effectively

Half-day and full-day workshop options are available.