



Creative Life, Career & Leadership Development Coaching

KATE PEABODY, MBA – LIFE & LEADERSHIP COACH

Professional Certified Coach by the International Coaching Federation

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“I believe the business world has the greatest influence on our future – and our leaders can make or break progress. By providing the whole-human support our current and up-and-coming leaders actually need in this quickly evolving world, I believe we can make our organizations, lives and society more sustainable and enjoyable.”

– Kate Peabody, KaptivateMe, LLC

Kate helps her clients grow in capacity, effectiveness and leadership by enhancing self-awareness, providing learning and communication strategies, and supporting intentional change through coaching. Coaching is tailored to the specific needs and strengths of each individual - and their organization as applicable - with the goal to help humans feel and lead at their best at work and in their personal life. Kate provides a

trusting, courageous space and acts as a creative sounding board, helping her clients find new perspectives on themselves, their approach, or a specific topic in a way that engages and inspires motivated, authentic action.

“One of the things I value about Kate is just how vast her expertise is – meaning she can help with anything from executive coaching to self-discovery to work-life balance to life coaching to quieting the inner critic and building a life of peace and fulfillment. I am amazed by the vast amount of resources and support she can provide across so many areas. Not to mention her amazing compassion and empathy – she’s a tireless cheerleader for her clients.”

– Ileana, AVP Marketing for a medical device company

EXPERIENCE

A former Fortune 500 global communications director and digital strategist, Kate developed her path as a coach after jumping off the top of the career ladder in full burnout mode with no real idea of what to do about it. After coming to understand how she got to burn out, and how to actually live a balanced life, she knew she never wanted anyone to feel as alone as she had on her professional and leadership development journey.

Since 2016, Kate has been blending positive psychology-based coaching training with a decade of strategic branding, communications, marketing, innovation, CSR, human-centered-design, and consulting experience to turn "Stress to SatisfACTION" for organizations, teams and individuals. She’s coached more than 175 individuals and corporations working in a breadth of nations and industries, including engineering and construction, medical, technology, marketing, publishing, education, non-profits, government and management consulting. She has a proven track record of helping organizations rally radical collaboration around clients and across traditional corporate and business line silos: marketing, communications, sales, talent management and recruitment, finance, operations and IT.

EDUCATION & QUALIFICATIONS

- Masters in Business Administration (MBA) with a focus on sustainability from The University of Denver, Colorado
- Bachelor of Arts (BA) in Communication from Santa Clara University, California
- Professional Certified Coach (PCC) with the International Coaching Federation (ICF)
- Certified Mentor Coach (CMC) with a focus in positive psychology by MentorCoach
- Certificate in Design Thinking from IDEO
- Certificate in User Experience from General Assembly
- Certificate in Community Based Social Marketing from CBSM
- 1,200+ hrs coaching and 170+ CEUs in: coaching science, executive and leadership coaching, career coaching, life vision & enhancement coaching, coaching ethics, team & group coaching, DEIA, and health & wellness coaching