



Here's what some past clients have to say about working with Kristina:

What I found most appealing, and what sets Kristina apart from other career coaches, is her emphasis on your "whole picture." She considers everything you were exposed to or experienced, how that ties into your life's goals and how to find the best path forward from there. Talking with Kristina made sense of all the ideas and confusion running around in my head. The initial session further confirmed the direction I want to go in and visualize where I want to be; doing her homework helped me become more

*confident in owning what my gut is telling me and fueled my passion to pursue what I know deep down is right for me. As a result of working with Kristina, I now have the tools, motivation and perspective to create my dream career and life. **Because of her insights and expertise, I am the happiest and most content I've ever been and found an incredible peace of mind.** ~ Alyssa C*

I met with Kristina for an Executive Coaching session at Working Mother Media's Multicultural Women's Conference. In that short amount of time **she was able to assess my situation, taking into consideration all of my personal and professional experiences, needs and desires, and gave me the clarity and inspiration to take the actions necessary to obtain my dream job and lifestyle – for a pay increase of nearly 30%! Without her keen insights and simple solutions I would not have been motivated to make the changes that have resulted in creating this new and improved life for myself and my family. I am incredibly grateful for her expertise and holistic approach, and highly recommend her to anyone who is stuck and wants to take their career to a more fulfilling and abundant place!** ~ Linda F.

*I gained valuable tools and productive habits from this experience. More importantly, **I gained CLARITY as a result of "doing the work" that Kristina recommended.** She was easy to talk to (down-to-earth), encouraging and intuitive. She did a great job at helping me identify which obstacles stood in the way, what needed shifting, what didn't, and how to "get to the core" or the root of the problem... I wholeheartedly recommend her! ~ Ivan S.*

Kristina has a magical way of helping you tap into parts of yourself that have been buried by stuck-in-a-rut feelings. I was at a point where I really didn't know which way to move in my career, only that I had identified I was unsatisfied in a role that (on paper) seemed like the correct next step. Sick and tired of having no action or direction, I began working with Kristina. Where I used to feel a bit paralyzed by hopelessness, I now feel abundant with opportunity. **She helped me shift my perception of myself in a way that I now have the confidence to present my experiences (even the negative ones) as learning opportunities to future employers.** For anyone who is a little bit lost about where they want to be in their career - or even bigger picture what they want out of life! - Kristina's honest advice, actionable tips, and genuine support will help propel you down the right path. In this new year, I now have more focus, determination, and self-confidence than I ever have before when entering a new chapter of life. ~ C.R.

*Since I last spoke with you, I've had some pretty dramatic changes - New Job, a Big Move, Healthy Dating Relationship. It's been pretty awesome. Emotionally, I've done a 180, and my life is certainly a reflection of that. **My last session with you spurred a lot of wonderful life changes.** ~ Palanda B.*

After months of researching the job market, I became overly consumed with endless data and foggy ideas. Kristina helped me see that my resume reflected this uncertainty and it was working against me. **In just a half hour we defined more sharply what my true goals are and how to best revise my resume(s).** I now look forward to communicating - on paper and verbally - a clear message that will lead me to a new opportunity. – Linda M.

I can honestly say that speaking to you was one of the most important events in my life. It is almost unbelievable how a 2-hour conversation can have that effect.

~ Bozhanka V.

I have had the pleasure of knowing and working on and off with Kristina for over 10 years. And as someone who does a lot of coaching and counseling on an ongoing basis with a variety of different coaches, I am pretty discerning. There is no doubt in my mind that Kristina is one of the best out there; she is wise, intuitive, warm. She immediately puts you at ease with wherever you are on the journey. She is someone you want to let your guard down with, because her natural sense of humor and down to earth demeanor encourages that sense of ease. She is incredibly perceptive and experience and very quickly she is able to access the deeper stuff. **One of her skills is that get the chance to see yourself through Kristina's eyes, and in that way, you can see your gifts and talents in a way that doesn't feel ego-centered; talking with Kristina for just 1 hour gave me a whole new perspective of myself as a professional and the unique offerings I have to share with the world.** I have NEVER, and remember I am 40 and have multiple coaches in my life — I have NEVER felt the kind of authentic confidence and empowerment as I have since our last session. ~ Karen M.

I had just lost my job a few weeks earlier and I was a little out of sorts when I attended Kristina's seminar. After listening and actively participating, I was really able to put things in perspective. **It allowed me to dig deep within myself and really determine what I wanted to do with my life.** After the seminar, I decided to have a one on one coaching session with Kristina, which helped validate my career goals, and have also attended her Thursday at Three Transition Group meetings. Kristina is truly an inspiration and **I recommend her to anyone who is feeling a bit lost and needs some career and life counseling.** ~ Justin S.

*Kristina is an amazing coach and mentor...I'm always impressed by her intuitive nature, creative ideas, and insight to tap into the core. **She is tremendously gifted and has the ability to unblock obstacles that perhaps we didn't even know existed** as it's sometimes most challenging to see situations clearly when you're immersed in them. – Vicki S.*

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Kristina Leonardi is a nationally recognized career and life coach, speaker and author who empowers individuals to make lasting professional and personal changes aligned with their true passions and talents while fulfilling their role in the world at large. With a holistic and personal growth-oriented approach, **she has helped hundreds of men and women over the past decade improve their job performance, enter or re-enter the job force, change careers, better manage their time and stress, and live happier, more meaningful, balanced lives.** Her specialty is working with people who feel stuck or are in transition and can help you clarify exactly what you want to do, identify blocks, issues, and patterns in your way, and offer proven ideas, resources, and action steps to get you there. Integrating a unique blend of knowledge and experience in a variety of fields and industries, Kristina's deeper, big-picture process creates an internal shift that, in time, will ultimately lead you to achieve the career and life goals that you desire.

Known as a speaker with unique yet practical perspectives on the topics of career transition, work/life wellness and personal growth, Kristina has presented to organizations such as UBS, Ogilvy, and the HR Association of NY. She offers individual, corporate and group coaching and training privately as well as in affiliation with Working Mother Media, New York Women in Communications and The Muse. Kristina is the founder of The Women's Mosaic, a non-profit women's organization focused on diversity and empowerment and she was listed as one of Hispanic Magazines Top Latinas of 2004, received Tango Diva's 2007 Diva Visionary Award and was honored by the WNBA's NY Liberty as part of their 2009 Inspiring Women Night. Kristina holds a B.A. in International Relations from Boston University and has taught extensively for NYU's School of Continuing and Professional Studies (SCPS) in both the Center for Hospitality, Travel and Tourism and the Office of Career Management. She is the author of [***Personal Growth Gab \(PGG\), Volume One: Thought-provoking, inspirational and entertaining essays to keep you connected with yourself and make sense of this journey called Life***](#) and has been featured as a career expert online at Forbes.com, Inc. Magazine, Psychology Today, Money and The Huffington Post.

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