



# KATE ECKMAN, MS, 3CP, ACC



## EXECUTIVE COACH | KEYNOTE SPEAKER | FACILITATOR | AUTHOR

Empowering leaders for every stage of the game.

### Business Leader

Kate recently led and organized the team behind the launch of QVC's first and only proprietary beauty brand, which earned \$4M+ USD in sales the first day alone. Known for her incomparable salesmanship, she helps global beauty brands shape their vision, strategy and innovation to inspire the achievement of breakthrough results.

### Executive Leadership Coach

Kate empowers high-achieving individuals to actualize their full potential. She leverages her experience as a well-known communications, performance and mindfulness expert, accomplished entrepreneur, and elite athlete to equip leaders with the tools, methodology, and energetic boost they need to compete and win at the game of life.

With a results-driven approach rooted in neuroscience, positive psychology, and whole-person coaching techniques, Kate helps her clients succeed in and out of the boardroom and on and off the field. She guides them to identify who they are beneath their titles and labels, clarify their priorities and values, and then co-create a game plan to get them from where they are now to where they most desire to be ... adding in some fun and humor along the way.

Kate incorporates a mind-body-spirit approach into her coaching engagements, recognizing that when we take care of our inner world, our outer world takes care of itself. Clients report that working with Kate leads to greater focus, energy and presence; increased performance and resilience; more meaningful relationships and newfound confidence; and greater well-being and true fulfillment.

As someone who is known to thousands as a broadcast journalist and an international TV personality, Kate understands the pressures and demands to be always "on," perform at a high level and be an exceptional team player. She brings that high-level presence, professionalism, and infectious enthusiasm to each coaching engagement.

Kate earned her B.A. in communications from Penn State University, where she was an Academic All-American swimmer. She received her master's degree in broadcast journalism from Northwestern University's Medill School of Journalism. She graduated at the highest degree from Columbia University's executive and organizational coaching program. Kate is also a certified ICF coach (ACC) and licensed NBI consultant. Passionate about mindfulness practices for both brain and body health, Kate is a meditation teacher and course creator for Insight Timer, the world's number-one ranked free meditation app.

### Author

Kate is the author of *The Full Spirit Workout: A 10-Step System to Shed Your Self-Doubt, Strengthen Your Spiritual Core, and Create a Fun & Fulfilling Life*, which is a workout for the spirit that will help you get fit on the inside. (New World Library, 2021).

### References

"I can't think of a more grounded, wise, emotionally intelligent and compassionate coach. Kate is a natural magnet; she brings people together, she emanates positivity and is always about supporting others to be their best self." ~Julie, CEO in the wellness space

"While Kate's gifts are many – intellect, energy, life and work experience, passion, compassion, and a keen awareness of the world around us – one of her greatest gifts, is her ability to make you feel like the most important person in the world. She listens with great empathy, coaxes out the real issues and is adept at asking the perfect question at the perfect time to create awareness, learning and motivation. ~Vanessa, global business leader