**A person posing for the camera

Description automatically generatedKrys Ardayfio, MBA**

More like an unimaginable movie plot, Krys survived both a stranger abduction and a hostage situation during her childhood. These, among many other impactful experiences, left her curious about people, power, perceptions, and purpose.

With this curiosity always looming, Krys pursued relevant training, certifications, and degrees. That same curiosity directed her approach to her 20+ year workforce career where she focused on more than just work skills. Krys focused on areas that truly impact people’s lives – life purpose, belonging, stress, and trauma.

She paid meticulous attention to the human behaviors that seemed to really be at the root of performance at work, at school, and at play. Krys noted those behaviors, studied them, taught them, and cataloged them. She now shares her best science and evidence-based tips with you.