



More like an unimaginable movie plot, Krys survived both a stranger abduction and a hostage situation during her childhood. These, among many other transformational events, piqued her curiosity about **emotional regulation** in the personal and especially professional realm. Such curiosity compelled Krys to pursue relevant training, certifications, hobbies, and degrees with an emphasis on emotional regulation, particularly in the workplace. She holds a Bachelor of Liberal Arts, an MBA from University of Indianapolis, and is an Indiana State University PhD candidate with a concentration in psychological trauma and the impact on work performance.

That looming curiosity about the human experience as it relates to work directed her approach to her 25+ year career as a Chief of Staff, Workforce Development Professional, and Career Coach & Advisor. Countless individuals & organizations have benefitted from Krys' powerful life lessons backed by science, evidence, and data. She curates and shares her best techniques to ensure the success of others.

Krys helps employers and employees overcome non-technical challenges, like emotion, and find more fulfillment, hope, purpose, and satisfaction in their work together. Working with Krys, organizations have measured success with increased recruitment & retention, more bountiful development, decreased attrition and minimized exposure to liability, and better conflict mitigation.

Krys' is peer-reviewed published, an invited national speaker, and military brat turned digital nomad who loves people and their experiences. As such, she's fortunate to live and work in her purpose of meeting lots of people & helping them build their dream careers. Krys' work is work. YOUR work.