



Kimberly Flood

She / Her

I'm Committed To

Authenticity and showing up fully present for you

What Holds Me Back

from Being at My Best

1. Perfectionism
2. My tendency towards judgement (being overly critical)
3. Expectations (they limit my ability to be with what is)
4. Prioritizing others and outcomes over self care

I Work Best When

1. Objectives and desired outcomes are clear
2. I am challenged and have an opportunity to shine
3. I'm facing a deadline

My Favorite Quote

"We do not see things as they are, but as we are ourselves"
- Anonymous

5 Words To Describe Me

Persistent, principled, inquisitive, thrifty, adventuresome

Do's And Don'ts

for Communicating with Me

1. Be honest (with yourself and me)
2. Be open to different perspectives and ways of being
3. Be open to vulnerability
4. Give me the gift of your feedback
5. Don't try to please me (show up authentically)

My Ideal Day Involves

Sunshine, a delicious meal, learning, knocking 'it' out of the park, and seeing my kids smile!

What Makes Me Smile

1. Laughter from my children
2. Observing beauty, joy, and kindness (an authentic complement is always welcome!)