



# Kimberly Flood

She / Her

Kimberly is a transformational coach and organizational development consultant, as well as a mom of three, a lover of learning, and an adventure seeker. Kimberly's context is nearly two decades of Fortune 500 work experience, including business management consulting, organizational effectiveness, change management, and corporate social responsibility.

Today she's thrilled to continue weaving her passion for environmental sustainability and resilience building into her work. As co-founder of Verte Collaborative, Kimberly is dedicated to effecting change within purpose driven individuals, teams, and organizations.

Kimberly holds her leaders as individuals who are creative, resourceful, and whole, while acknowledging that everyone, even the strongest leaders, can benefit from different perspectives and the identification of blind spots and limiting beliefs.

Kimberly holds a BA with Honors in Psychology and an Environmental Studies Certificate from the University of Wisconsin-Madison. She is an Associate Certified Coach (ACC) through the International Coaching Federation (ICF) and a UW-Madison Certified Professional Coach (CPC).



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## 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!)