



## Kris Cramer, MSc, CEC

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Kris has over ten years' experience supporting the success of teams and individuals. She has a Masters degree in Neuropsychology complemented with a Graduate Certificate in Executive Coaching that equip her with a full understanding of how to engage the brain to enhance learning and individual change. As a researcher, writer and presenter, Kris has honed her oral and written communication skills. Her ability to effectively communicate is demonstrated through her extensive list of publications, workshops and presentations.

### Areas of expertise

- executive coaching
- facilitation
- workplace reviews
- workshop and training material development

### Experience

#### Coaching

Kris has a passion for helping people discover their vision and develop a plan to get there. She is able to connect with clients and support them in identifying, exploring and achieving their personal and professional goals. She defines her coaching role as an accountability partner, responsible for challenging her clients and holding them accountable to reach their goals.

## **Facilitation**

Kris is known for being able to connect with people and teams while using a highly logical approach to identify possibilities, issues and barriers. She adeptly facilitates action planning to propel meaningful change.

## **Instructional design**

Kris applies her extensive experience in research and education to the development of high quality, up-to-date and accurate course materials. She also has a passion for building high impact and fun instructional programs that enhance her audience's ability to learn.

## **Workshop delivery**

Kris integrates her understanding of the linkages between the brain and behaviour to adult education in order to deliver training that helps the participant engage in the learning process. A skilled presenter, she has developed and presented workshops on a number of topics including, conflict management, energy (time) management, supervisory skills and mentoring.

## **Passion**

- brain-based coaching