



kate siano

www.katesiano.com
www.sparkpossibilitycc.com



KATE SIANO, CWC
SPEAKER | CONSULTANT | COACH

Kate has been in the wellbeing industry for over 25 years. Her diagnosis of Type 1 Diabetes in 1989 sparked a purpose driven career in holistic wellbeing. Known as a visionary, strategic thinker, and dynamic collaborator, Kate brings energy and innovative ideas to all of her client relationships. She has an incredible ability to engage her audience in big picture thinking through story telling and sharing her insights from decades of experience. Kate brings humor and heart to her work and is the reason her clients keep asking her back.

Kate has been nationally recognized as a Top 100 Wellbeing Consultant by the Corporate Health & Wellness Association, the Healthcare Revolution, and GoHR Global.

EDUCATION AND CREDENTIALS

- AS, Exercise Science, Nutrition
- BA, Business, Design
- NASM - National Academy Sports Medicine
- CWC - Certified Wellbeing Consultant
- CCP - Certified Coaching Professional, Executive Coach, Performance Coach
- PPC - Positive Psychology Coach
- MMT - Mindfulness Meditation Teacher

CLIENT PROFILE

- School Districts
- Public Entity/Municipality
- Hospital/Healthcare
- Luxury Hospitality/Resort
- Retail
- Private Country Club

WORK HISTORY

- Atlantic General Hospital, Community Outreach, Wellness Center Operations
- Rising Sun Studio, Owner
- Admirals Cove, Director of Wellness
- HMC Healthworks, Business Development, Director of Corporate Wellness
- Gallagher, Sr Wellbeing & Engagement Consultant
- Independent - Speaker, Coach, Consultant

LIFE LONG LEARNING

- HPI - Human Performance Institute, Corporate Athlete Program
- Kripalu - RISE Resilience for Leaders
- Mindset Mastery School for Women in Business, RISE Mastermind
- GW4W - Global Women for Wellbeing
- WELCOA - Wellness Council of America

CONTACT

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