



Kris McGuigan believes that strength and confidence are the catalyst to professional growth. She prides herself on relentless resilience and approaches life with an attitude of abundance. Kris is grateful that her broad and inspiring background allows her to be an agent for significant change and advancement in the professional development of others.

Throughout her life, Kris has been engaged in the study of human potential and behavioral change. She graduated from Hiram College with a degree in organizational behavior and went on to obtain an MBA from the Case Western Reserve University's Weatherhead School of Management.

The early stages of Kris' career were spent cultivating relationships within the non-profit sector. She supported fundraising efforts at Cleveland's own Rock and Roll Hall of Fame and Museum and went on to lead the development team at Brothers Big Sisters. Kris spent the next ten years in the healthcare arena quickly progressing through the ranks of Kaiser Permanente. She was recognized for her strategic anticipation of growth and alignment of resources to reach key deliverables. Kris' ability to lead and empower human capital set her apart from her peers and led to a promotion into a senior leadership position with the largest hospital system in the state of Ohio, Mercy Health.

After fifteen years of driving results and leading employees within a corporate structure, Kris decided it was time to pursue her passion on a more personal level. She left her corner office to follow her dream of building strength and resilience in the people around her. Through Professional Courage, she leverages her strategic and operational leadership experience to give clients the confidence and courage needed to unleash their potential.

Kris is a Certified Career Management Coach and one of only three Academy Certified Resume Writers in the entire state of Ohio. She belongs to the National Resume Writers' Association and is an active member of Toastmasters International. Kris resides in Broadview Heights, Ohio. She finds constant inspiration in her husband, Rick, and their two children, Claire and Matthew.