

transformative **COACHING**



The Athena Group

Humanity in every system



Our Approach to Leadership Coaching

Our coaching is grounded in a simple belief that whole people create whole systems. Leaders who feel steady, connected, and self-aware build work environments that protect dignity, expand possibility, and foster belonging. Coaching becomes the space where leaders reconnect with themselves so they can reshape the systems they touch.

Our approach meets each leader as a whole person working within larger structures. We begin by slowing down enough to notice patterns, pressures, and inherited beliefs that may be shaping behavior. Together, we explore the conditions that support presence, clarity, and resilience. Once leaders are more resourced internally, they are able to navigate complexity with steadiness, make values-aligned decisions, and relate to others with more curiosity and care.

Our work is relational and grounded in adult development, trauma-informed practice, and equity awareness. We support leaders in recognizing how identities, lived experiences, and systemic forces influence their default responses. We help them build the capacity to choose different responses when old patterns no longer serve them or their teams. We pay close attention to the nervous system, because sustainable leadership growth requires regulation, not willpower.

We see leadership as an ongoing practice rather than a role. Coaching sessions invite reflection, experimentation, accountability, and meaning-making. Leaders learn to hold difference without defensiveness, engage in difficult conversations with courage, and cultivate environments where others can thrive. As leaders shift, the systems around them begin to shift as well.

Across Athena, our coaches bring diverse professional backgrounds, cultural identities, and methodologies. What unites us is a shared commitment to curiosity, awareness, connection, equity, and wholeness. Whether in one-to-one sessions or group coaching, we orient leaders toward practices that nurture both individual and collective wellbeing. We help leaders strengthen their ability to see the larger system, understand their impact within it, and make choices that align with humanity in every system.

Our coaching supports transformational change by reconnecting leaders to their inner resources and helping them shape the environments they steward. When leaders grow in wholeness, the systems they influence become more humane, more resilient, and more capable of protecting the wellbeing of everyone they serve.

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Intentional growth for lasting impact

Kristen's coaching approach is grounded in the belief that individuals have deep expertise about themselves and their context. She works with clients to identify and shift limiting beliefs and habitual patterns that no longer support their effectiveness, while building new mindsets and behaviors aligned with their values and goals. This work increases self-awareness, personal agency, and the ability to make deliberate, values-aligned choices in complex environments. By leveraging existing strengths while intentionally building capacity in key areas, clients strengthen their self-leadership and sustain growth over time. Kristen's approach integrates empathy with behavioral science, creating a high-trust coaching relationship that balances support and challenge. Her style is strengths-based, practical, and collaborative.



Kristen Barton

Kristen (she/her) is a leadership coach, consultant, and professional facilitator. Her vocational passion is centered on helping people grow and work towards better self-leadership. She has 20+ years of experience in the private and nonprofit sectors as a leader and change agent. Kristen brings a grounded presence balanced with lightness and humor in all her work.

PRIMARY COACHING AREAS

Relationships & Communication

Leadership Development

Navigating Career Transitions

Management Skill Building

Resilience & Wellbeing

Emotional Intelligence

**radical
wisdom.**

International Coaching Federation, Associate Certified Coach
Integral Coaching Canada, Certified Integral Associate Coach
University of Colorado, M.A., Counseling Psychology
University of Utah, B.S., Psychology





We look forward to partnering with you!

The Athena Group

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