

KAT FRATI

PERSONAL DEVELOPMENT COACH

PROFILE SUMMARY

As a Strengths-based Personal Development Coach, I act as a catalyst for my clients' personal growth and development by helping them discover and understand and the potential power of their natural talents. Working together to uncover a unique vision for their desirable future, I can help quickly turn ideas into action items.

As a champion of change, I also help the client find a sense of comfort and stability in the face of uncertainty through helping them maneuver the winding road towards their dreams--in order to realize their best version of themselves.

www.KatFrati.com
www.JustBecomeYou.com

WORK EXPERIENCE

2018 -CURRENT

Gallup-Certified Strengths Coach @ KatFrati.com

- Creator of "Just Become You®" online coaching programs
- Provides strengths-based support to individuals and teams

2012-2019

Owner @ IntegrityMovers.com

- Co-built and grew moving company to $1 million sales
- Designed operating systems and marketing campaigns
- Sold company for profit

1985 -1999

Project Manager @ Delorme & MITRE

- Learned new technology and applied it to projects
- Communicated weekly progress of team to management

MY TOP 5 STRENGTHS

Strategic

Ideation

Learner

Activator

Futuristic

EDUCATION HISTORY

1981 - 1986
Tufts University

- BS Electrical Engineering
- BS Computer Science
- High Jump Record

1981
Weston High School

- Editor School Newspaper
- Student Council
- High Jump Record

WORDS THAT DESCRIBE ME

Problem Solver
Creative
Resourceful Leader
Innovative Thinker
Growth & Change
Catalyst
Visionary
Inspirational
Listener