

# Kristin Durney

Speaker, she/her/hers



## CERTIFICATIONS & EDUCATION

- University of Texas, Austin, BA, Psychology
- CPC, Certified Professional Coach



## FOCUS AREAS

- Mental Health
- EEOC/Compliance
- HR Development
- Holistic Approach to Recruiting and Compensation
- Executive Coaching
- Talent Management
- Motivational Speaker
- Leadership Development



## MOST REQUESTED PRESENTATIONS

- Mental Health – Impacts, Education and Awareness
- Resilience and Mindset Growth
- Neuroplasticity – Mind and Body Connection – The Science behind Mental Health
- Leadership and Team Building



## AWARDS & RECOGNITION

- Served as Vice President of Communications for the Dallas Theater Center Guild
- Member of the International Women's Leadership Association
- Biltmore Who's Who for Executives.

**DIVERSITY CREW**

In addition to her work with Diversity Crew, **Kristin** is the co-founder and Executive Consultant of Mental Wellness Unleashed “MWU” in Dallas, Texas. She is an Executive Business Consultant and Coach working with leaders, employees, and teams to build a framework to develop and support an inclusive positive best in class mental health and wellness culture in the workplace.

Kristin is a trauma survivor (not by choice), and mental health advocate. Diagnosed with clinical depression, anxiety and PTSD, Kristin went through years of Cognitive Behavioral Therapy “CBT.” CBT techniques focus on shifting mindset thought patterns that are fixed and negative to internal positive thinking and beliefs creating a growth mindset. “My journey through CBT demonstrates proof of concept that these techniques and tools not only worked, but profoundly transformed my life.”

Kristin designs programs that are grounded in Cognitive Behavioral Techniques that transform employees and leaders to shift and strengthen their mindset, promoting confident mindful skills for peak results and wellness.

[DiversityCrew.com/Kristin](https://DiversityCrew.com/Kristin)