

Caitlin believes that our world would drastically improve if people both fully listened to and valued what others had to say and that we should have the opportunity to work in an environment which allows us to live into our fullest potential, using our strengths and gifts on a daily basis. She uses her unconventional background as an LA actor-turned-certified leadership coach, to support individuals and organizations on their journey to transformation.

Caitlin spent the duration of her 20s working and studying in Los Angeles, where she fell in love with improvisation and the freedom and creativity that it fostered within the acting medium. It was a unique paradigm, in which one person is encouraged to take risks in unknown territory and somehow helps the other person to feel safe and supported in a trusting environment. Acting had taught her to be present, self-aware, empathetic and to prioritize connection with others. Improv, taught her to listen, trust her gut and deal with the unexpected in a positive and creative way. She noticed the change that it made in her and those she performed with, both in the way that they worked together and the relationships that they built along the way. It boiled down to empathy, creativity and trust, which are all components of a loving relationship.

Understanding that we are all improvising every moment of every day and that we all have a basic human need to experience healthy, loving relationships, Caitlin wanted to bring that level of empathy, creativity and trust, to those outside of the acting profession. Now, back in her home state of New York, she works across industries, from small businesses to global organizations to provide both interactive, improv-based team programs for organizations looking to create a loving culture through empathy, creativity and trust, as well as traditional one-on-one and group coaching.



She spent over ten years studying improv at places like the nationally accredited Upright Citizen's Brigade in Los Angeles and now has spent the last seven years teaching executives and their teams to do the same. In addition to a coaching certification through the International Coach Federation, Caitlin is also certified in the DISC assessment and the Creative Problem-Solving Process. She's been featured in Medium's Authority Magazine, as well as the Deomocrat and Chronicle as a "Woman to Watch." She has also spoken at a variety of conferences, including the Talent Development Think Tank, the International TWA Conference and CPSI (Creative Problem-Solving Institute.)

In Caitlin's opinion, this improv approach of valuing others, having empathy, creating a safe environment and fully supporting one's team boils down to loving them. What if love is, in fact, the key to productivity, retention and innovation? In Caitlin's talk, "Creating a Loving Culture With the Magic of Improv," she shares transformational tips on how to create high-functioning and innovative teams by applying the principles of improv and creating an loving environment.

*I am not surprised by the level of positive comments, perspective adjustment, and promises to apply the learning at work and beyond. It was a truly valuable session with just the right level of interactivity and introspectiveness. Thank you again!*

*Noël Vaché, VWR Global Marketing Operations and Planning*