



Katrina Calihan is the Founder of Point of Arrival, a full-service leadership and positive psychology coaching, training and consulting firm. She is passionate about partnering with clients to enable them to flourish at work and in life.

A key area of interest for Katrina is professional calling - helping clients find it, cultivate more of it, and eventually live each day with passion for their work. Prior to founding Point of Arrival, Katrina was an established human capital leader, most recently leading HR operations and leadership development for the Chicago office of Bain & Co. Katrina holds a Master of Applied Positive Psychology from the University of Pennsylvania, a Certificate in Leadership Coaching from Georgetown University, and a Bachelor of Business from Gonzaga University. Additionally, Katrina is a certified yoga instructor with over 10 years of experience in mindfulness practices and teaching hatha and vinyasa yoga.

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POINT of
ARRIVAL

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- July 20 -
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Challenges - Amy Cuddy
- Sept 20 -
Lunch** Honing Leadership Skills
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The Leadership Forum Series is produced by CREW Chicago to provide members an opportunity to converse and connect with the goal of growing and developing their capabilities as mindful, confident leaders, change agents, and fulfilled and effective professionals, in a collegial, supportive environment that encourages openness, and respects the integrity of each CREW member.



Leadership & Professional Development

The 2016 Leadership Forum Series

Program #1
The Inspirational Leader
An Introduction
March 8, 2016

Hosted By: Schiff Hardin LLP

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Program Highlight

Inspiration Flows From Four
Wellsprings of Strengths

Connecting with others - emotional intelligence, interpersonal and communication strengths, for example: empathy, listening, understanding, fairness, openness, commonality

Leading teams - mobilizing people and resources into action for results, for example: vision, focus, direction, teaming, development

Personality, character, values - the fabric of who we are as unique individuals, for example: kindness, perseverance, honesty, courage, generosity, trustworthiness

Exceptional, best-in-class performance - peak performance that encourages others to strive for excellence

My Strengths Commitments

The strength I want to build on in the coming month is _____.

It is important to me because _____.

Two things I will do to develop or demonstrate this strength are:

1) _____

2) _____

One new way I will use this strength is _____.

My Vitality Commitments

My vitality commitment in the coming month is _____.

It is important to me because _____.

Two things I will do to enhance this part of my vitality are:

1) _____

2) _____

I will know I'm successful in my commitment if _____.

I will hold myself accountable by _____.

