

“ **Coaching with Kirsten is a game changer.** I used to avoid conflict in both my professional & personal life. However, after working with her, in high-stakes jobs, I’m able to turn potential catastrophes into opportunities for growth & bonding. This not only resolves the issues but also leads to a significant professional win for me & my colleagues. ”

Hi, I'm

KIRSTEN SIGGINS

Executive Coach > Author
Facilitator > TEDx Speaker

Relationships are fundamental to leadership. Leaders must understand their teams, colleagues, and clients to build effective relationships, manage change, and confidently navigate conflict. Without understanding, emotions escalate, causing misunderstandings, stress, decreased productivity, missed opportunities, and compromised outcomes.

As CEO/ Co-Founder of the Institute Of Curiosity, Kirsten has learned through experience, neuroscience, and research the value of curiosity in developing all aspects of communication - from seeking to understand to managing conflict.

As a coach, Kirsten helps clients develop essential emotional intelligence skills, such as self-awareness, self-regulation, and deepening relationships. When leaders have a better understanding of themselves, exploring and understanding others becomes easier. Kirsten also focuses on developing curiosity to help clients adopt an open-minded approach to their leadership to communicate more effectively, navigate difficult conversations, and explore change.

As a result, clients gain motivation and self-confidence by uncovering their blind spots, having better conversations, building trust, listening effectively, asking better questions, testing assumptions, setting appropriate boundaries, and bringing more joy to their work and life.

Kirsten's approach is client centered and outcome-focused. She expects clients to be engaged and committed, striving for excellence as they learn and nurture their leadership development.

Kirsten is currently in the process of getting her coaching board certification.



Kirsten is the co-author of best selling book *The Power Of Curiosity: How To Have Real Conversations That Create Collaboration, Innovation and Understanding*, and a TEDx speaker.

After 17 years in the entertainment industry in Los Angeles, Kirsten and her husband moved their two kids to Kelowna, BC to give them a 'normal' life.

Kirsten is a curiosity nerd, wannabe chef, adventurer, loves a full table, and all things design.

CERTIFICATIONS & AFFILIATIONS

Certified Executive Coach | Royal Roads University, BC

Certified Emotional Intelligence Practitioner | Learning In Action, US

Certified CBT Essentials, Level 2 | Association For Psychological Therapies

Bachelor of Arts | Dalhousie University, NS

Active International Coaching Federation member

CPHR Industry Partner

CONTACT

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