



**CHANGE IS INEVITABLE.
GROWTH IS OPTIONAL.**



Company: Chrysalis Coaching & Consulting LLC

Phone: 617.283.8705

Address: 711 Atlantic Avenue, Boston, MA 02111

Email: info@chrysaliscoachingconsulting.com

Website: chrysaliscoachingconsulting.com

WOMAN-OWNED LEADERSHIP DEVELOPMENT FIRM OF THE YEAR - EAST USA

Chrysalis Coaching & Consulting specializes in leadership development with a focus on executive coaching. We spoke to Founder and President Karen Carmody to learn more about her company, services, and industry trends.

Chrysalis Coaching & Consulting is a certified women-owned business offering a full-suite of leadership development and talent management services. The company's specialties include executive coaching, leadership development programs, and organizational effectiveness consulting.

Chrysalis specializes in helping clients lead, manage, and navigate change and transition. The company's mission is to empower executives, emerging leaders, and entrepreneurs to unlock their full potential and achieve sustainable changes in their lives, teams, and organizations. Think of us as your personal trainer for the corporate world.

Chrysalis partners with organizations that understand people are their most valuable asset. These companies know the importance of leadership development to maintain a competitive advantage. Chrysalis's clients are high-potential leaders who seek accelerated development for career advancement. "No one is born with all the abilities needed to thrive in today's complex and evolving business world," said Carmody. "Frequently it's a matter of helping already successful individuals unlock latent talents and abilities."

Chrysalis helps clients develop improved

self-awareness, enhance their strengths, identify blind spots, and uncover derailing behaviors that prevent career progression. There are a wide range of reasons leaders engage with an executive coach. Carmody cited some common scenarios including seeking a promotion, leading a new team, transitioning to a people manager, and a desire to increase emotional intelligence, develop better relationships, and/or enhance executive presence.

The inspiration for the company's name is the caterpillar's transformation process to a butterfly. A chrysalis (kri-sa-lis) is a protective covering, a sheltered stage of being or growth, and a preparatory or transitional state. Executive coaching serves as support for clients to recognize their potential, embrace what's possible, and emerge from their own chrysalis. Carmody shared, "The symbolism resonates with clients because everyone can relate to being in a metaphorical chrysalis during a significant change."

No stranger to change and transition, Carmody jokes that she's been every one of her clients. "I've been a high-potential corporate leader, job changer, career shifter, new manager, and entrepreneur," said Carmody. She believes the depth and breadth of her diverse experience

are assets. Clients often seek a coach who can relate to their situation and have similar experience successfully navigating their own transitions.

Carmody explained that recent surveys place leadership development at the top of the human capital agenda. Companies are seeing an accelerated demand for leadership at all levels, especially among Millennials. As the market for high-skill talent further tightens, companies realize they cannot simply recruit all the talent they need, but must develop it internally.

"In today's competitive business environment, companies must continuously develop leaders who are skilled at engaging employees, implementing growth strategies, driving innovation, and retaining customers," said Carmody. "Organizations that fail to continuously invest in their future leaders could lag behind their competition."

While leadership has increased in importance, the capability gap is widening. Chrysalis is poised to continue successfully helping organizations develop the leaders of today and tomorrow.

