

Kim Groshek

Dynamic Speaker | Bestselling Author | Executive Coach

Your voice holds power—embrace it, own it, and let it shape your journey.

Kim Groshek is a transformational speaker, bestselling author, and executive coach. With 30+ years of experience, she empowers leaders and executives to thrive through intentional living, self-leadership, and high-performance habits. Kim has authored 44 books and guides Fortune 500 companies to success without burnout.

Trusted by organizations of all sizes and across industries..

Speaking Experience

Kim has spoken for organizations such as:



She has also been featured on podcasts, corporate panels, and leadership retreats globally.

Kim leaves you inspired,
confident, resilient, and
ready for action.

**ARE YOU READY TO SPEAK YOUR
TRUTH AND OWN YOUR POWER?**

Elements
Bold

Consistent

Action

Keynote Topics

- Pause to Be Dynamic – How small intentional pauses can lead to massive transformation.
- Dynamic Habits for High Performers – Elevating success without burnout.
- The Power of Intentional Leadership – Leading with impact, clarity, and confidence.
- Thriving in the Digital Age – Finding balance in a hyper-connected world.
- AI & Human Connection – Leveraging technology while staying deeply human.

Speaking Packages

🎤 **Keynote Presentations** – High-energy, engaging talks for conferences and summits.

🏆 **Workshops & Training** – In-depth sessions tailored for leadership teams.

🎯 **Executive Coaching** – Personalized strategy sessions for high-level leaders.

To book Kim for your next event, visit **<https://kimgroshek.com> or kim@lifehabits.com**

What Audiences Say

"Kim's insights transformed our leadership team. Her 'Pause Power' approach is a game-changer." – Fortune 500 Executive

"Engaging, inspiring, and full of practical takeaways!" – Conference Attendee

Connect with Kim

🔗 LinkedIn: [linkedin.com/in/kgroshek](https://www.linkedin.com/in/kgroshek)

📖 Books: Available on Amazon & major retailers.

Let's create impact together!