

Kathy Caprino Biography



"Breakthrough means accessing new fulfilling ways to live and work as you truly want to, from your highest self—with authenticity, clarity, and purpose." - Kathy Caprino

Kathy Caprino, MA, is a nationally-recognized women's work-life and career expert, speaker, and author of "Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose". A champion for working women, Caprino is a trained psychotherapist, specialized career and executive coach, and sought-after writer and speaker on women's issues. She is founder and president of Ellia Communications, Inc. and a former corporate VP, who today openly shares her own story of breakthrough and transformation.

Kathy's book "Breakdown, Breakthrough" reveals the key findings from her yearlong national research study—identifying the 12 "hidden" crises of professional women, including chronic health problems, failure to find work-life balance, and painful losses of the "real me." It also shares 14 deeply personal stories—her own included—and shows how women are overcoming crises of personal and professional identity. Additionally, the book introduces a hands-on

holistic model for breaking through: powerful and achievable solutions and specific advice and tips.

Drawing on her national research, coaching and therapeutic training, and business experience, Kathy assists her clients – through one-on-one and group coaching, workshops and seminars, to successfully overcome challenges and blocks, close their “power gaps,” and step up to their expansive future visions so that they may live and work as they long to.

Kathy works with individual and corporate clients both nationally and internationally. She is a frequent invited speaker and seminar presenter in the areas of women’s empowerment, overcoming adversity and challenge in the workplace, personal branding, and navigating successfully through transition.

Kathy is Founder/President of Ellia Communications, Inc. and the Amazing Career Project, former co-founder and partner of Living in Harmony—The Center for Emotional Health in CT. She is also serves as a contributor to Forbes.com, 85 Broads, CT Women's Business Development Council, More.com, and other women's organizations.

Previous to owning her own coaching firm, Kathy achieved a successful 18-year corporate career in the publishing, book club and membership services industries, serving in Director and VP roles in marketing, product development, research, and product management.

She received her M.A. in Marriage and Family Therapy from Fairfield University, her B.A. from Boston University, and earned other educational certifications and training from New York University, University of London, and the Institute for Life Coaching Training. Her coaching business is based in Wilton, CT. She lives with her husband, renowned jazz percussionist Arthur Lipner, and their two children in Fairfield County, CT.

[Learn more about Kathy at KathyCaprino.com](http://KathyCaprino.com)