

# Kathy Caprino

*Breakthrough means accessing new, thrilling ways to live and work as you truly want to, from your highest and most joyful self—with authenticity, clarity, and purpose.” - Kathy Caprino*

Kathy Caprino, M.A., is an internationally-recognized women’s career success and work-life expert, leadership consultant, speaker, and trainer dedicated to the advancement of women in business. A featured contributor on women’s careers, business and leadership for [Forbes](#), [Huffington Post](#), and [LinkedIn](#), she is also the author of [\*Breakdown, Breakthrough: The Professional Woman’s Guide to Claiming a Life of Passion, Power, and Purpose\*](#) and [\*The Most Powerful You: 7 Bravery-Boosting Paths to Career Bliss\*](#). A champion for working women, Kathy is a former corporate Vice



President, a trained psychotherapist, specialized career and executive coach, and sought-after writer and speaker on women’s issues. She is the Founder and President of [Kathy Caprino, LLC](#) (formerly Ellia Communications, Inc.) and [\*The Amazing Career Project\*](#), [\*The Amazing Career Coach Certification\*](#), [\*Career Breakthrough coaching\*](#), [\*speaking\*](#) and more, supporting women to build successful, rewarding careers of meaning and significance.

Drawing on her national research, therapeutic and coaching training, and business experience, Kathy provides one-on-one career consulting, group training, online courses, workshops, leadership seminars and training resources aimed to support women to reach their highest professional visions.

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 achieve work-life balance, and challenges to building authentic, successful professional lives on their terms. It also shares 14 deeply personal stories—her own included—and provides a 3-step holistic model for breaking through to your highest potential.

Kathy's newest book *The Most Powerful You: 7 Bravery-Boosting Paths to Career Bliss*, explores the 7 most damaging power gaps professional women face and offers riveting real-life stories of women who've faced and overcome these gaps, along with proven advice, strategies and exercises from over 30 of the nation's top experts in topics essential to women's success.

Kathy is a frequent invited speaker and workshop presenter in the areas of women's empowerment, overcoming adversity and challenge in the workplace, effective communication, navigating successfully through change, and identifying your passion and fueling your work with it. She has spoken at over 200 women's and leadership conferences, Fortune 100 training events, teen leadership forums, and national business and training events.

In her podcast *Finding Brave*, Kathy interviews the nation's top movers and shakers, influencers, bestselling authors, leadership and entrepreneurial experts, creatives, and more, all who are demonstrating their own version of “finding brave” and helping us make the impact we dream to in the world.

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As a top media source on women's career and entrepreneurial issues and trends, she has appeared in over 200 leading newspapers, publications and podcasts both nationally and worldwide, including the Wall Street Journal, L.A. Times, Chicago Tribune, The Washington Times, SELF, Glamour, MORE, and on national radio and television. For more information, visit [kathycaprino.com](http://kathycaprino.com) and connect with Kathy on [Twitter](#), [Facebook](#), [LinkedIn](#), [Instagram](#), [Pinterest](#) and [YouTube](#).

Prior to owning her own career consulting firm, Kathy achieved a high-level 18-year corporate career in the publishing, direct marketing, membership services industries, serving in Director and VP roles in marketing, product development, research, and product management.

Kathy received her M.A. in Marriage and Family Therapy from Fairfield University, her B.A. in English Literature 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 career coaching and consulting firm is based in Stamford, CT.

[Click here for a list of Kathy's past and current Professional Affiliations.](#)

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