

# Kristin Goodwin

Brigadier General (ret.), MA, ACC

International  
Speaker

Consultant

Exec. Coach

*Dynamic. Captivating.*  
**Transformative.**

As a transformational leadership strategist and executive coach, retired Brigadier General Kristin Goodwin has navigated leadership at every rank. Through this journey the question burns: What are the key pillars of great leadership? Does it require an MBA? Do great leaders have to strike fear in their teams? Or is there a better flight plan?

With over three decades of experience leading thousands of teams and individuals, coaching, mentoring, and speaking around the globe, Kristin has unearthed the elusive transformational leadership golden nugget. In contrast to many leadership experts, Kristin imparts the precise three foundations integral to enhancing and evolving leadership results.

Among many other firsts, Kristin was the first woman Bomb Wing Commander in the United States Air Force, leading our nation's largest bomber wing. Additionally, she was the architect of the first of three field commands in the US Space Force. General Goodwin commanded at the Squadron, Wing, and Headquarters Staff Level. Kristin's strategic thinking, and resilience have led her to be known as a leader with the "tenacity of a tiger, backbone of a lion, savvy of a diplomat!" Kristin fuses her even-keeled, steady demeanor with tales of real-life stories to deliver a moving, engaging, and provocative conversation.

She is a Certified Master Coach/Executive Specialist, is a Certified Positive Intelligence Coach, and is 5 Behaviors and DISC Certified. She works exclusively with ambitious top tier leaders and executives.

“ Kristin is a performance-proven leader full of team-impacting wisdom. Her insights, examples and questions aimed at making any team even better are delivered in an engaging and personable way. I came away with ready-to-use tools and perspectives to enhance my team and hone our corporate culture. I highly recommend her to take you and your team to new heights.

- Johnna Reeder Kleymeyer, President and CEO, Colorado Springs Chamber of Commerce & Economic Development Corporation

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*Delta leaders align their trajectory to champion a revolution in thinking that transcends traditional boundaries, equipping their people, clarifying their mission, and instilling pride to navigate and master the tides of change.*

Book Kristin for your next event.



[www.theDelta-v.com](http://www.theDelta-v.com)

# Popular Topics

## Becoming a 'Delta' Leader

*Transcend the illusive gap between where you currently stand and where you aim to be*

Do you know, leaders are 9 times more likely to be engaged in their role and 2.4 times more likely to stay at their company for the next year when they feel a strong sense of purpose?

*In this presentation, learn:*

- Why the Delta is the realm of opportunity & growth
- How to tap into the transformational space between current realities and future aspirations
- To master the 3 key elements which keep you on the blue line to success

## Reaching the Pinnacle of Leadership:

*Becoming a 'Delta' Executive*

56% of executives identified developing next-generation leaders as their top human capital priority. However, only 19% of organizations believe their leadership development programs are effective in preparing leaders for challenges.

*In this presentation, learn:*

- 3 Pillars to drive sustainable organizational growth and transformation
- How to lead teams toward unparalleled success
- To chart a course through uncertainty, leveraging opportunities and confronting challenges

## Finding your 'Delta' Resilience:

*Navigating Challenges, Cultivating Grit, and Flourishing in Adversity*

72% percent of leaders report feeling burned out by the end of the day - an increase from 60% in 2020. The World Health Organization now recognizes burnout as an occupational phenomenon and classifies it as a disease.

*In this presentation, learn:*

- To embrace ambiguity as an opportunity for growth
- To view obstacles as stepping-stones
- To cultivate inner strength, and mental fortitude

## The Art of 'Delta' Focus:

*Achieving Laser-Like Precision in Thought and Action*

The average human has an attention span of only 8.25 seconds - 4.25 seconds less than in 2000. The average human attention span decreased by 25% between 2000 and 2015.

*In this presentation, learn:*

- To develop a mindset of change & opportunity
- To cultivate a sense of curiosity that embraces flexibility
- To welcome feedback and practice mindfulness

*See more topics at [www.thedelta-v.com](http://www.thedelta-v.com)*



*Credentials:* (see more on website)

- ✓ Master of Arts in Business and Organizational Management, George Washington University
- ✓ Bachelor of Science in Mechanical Engineering, United States Air Force Academy
- ✓ Certified Master Coach/Advanced Coach/Executive Specialist, Center for Coaching Certification
- ✓ Associate Certified Coach (ACC), International Coaching Federation
- ✓ Certified Positive Intelligence Coach, PQ, Inc
- ✓ B-2 Instructor & Evaluator Pilot, EC-130
- ✓ Instructor Pilot B-52, C-130, T-1, T-37, T-38, T-53, King-Air and Cessna-172 Pilot (over 3,050 flying hours)

*Past Speaking Venues:* (see more on website)

- ✓ National Air and Space Museum Smithsonian
- ✓ National Women's Memorial annual conference in DC x 3
- ✓ International Organization of Women Pilots
- ✓ Howard University ROTC cadets
- ✓ Virginia Tech University ROTC cadets
- ✓ Harvard University
- ✓ University of Central Missouri
- ✓ Presidential Classroom World Leaders Summit in Washington DC
- ✓ Abshire-Inamori Leadership Academy
- ✓ National Reconnaissance Office
- ✓ Kansas City Bankers Association
- ✓ USAA Banking
- ✓ Colorado Springs Chamber of Commerce, International Women's Month
- ✓ Southern Colorado Women's Chamber of Commerce
- ✓ Hundreds of Elementary, Middle and High Schools across the nation

*\*\* This is not an all inclusive list of speaking engagements.*



*Brig. Gen (Ret.) Kristin Goodwin, has spoken twice at the Southern Colorado Women's Chamber of Commerce she literally is a Top Gun when it comes to Women in the Lead and Leadership in Action. She is a great presenter and amazing speaker who hits it out of the park with a standing ovation and her message inspires a call to action. Kristin's energy connects with the audience in a servant leader way that they want to hear more and so will you.*

*- Lola Woloch, President & CEO, Southern Colorado Women's Chamber of Commerce*

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