

Gwen Kinsey believes that during times of accelerating change, we develop resilience by adopting practices that shift our attention from things we can’t control to a what- else-is-possible mindset.

Gwen delivers workshops on adapting to change, improving communication, resilience, and emotional intelligence as well as a variety of leadership development topics (including leading hybrid teams).

Gwen is a former President and General Manager from the television industry who prototyped new digital business models and achieved award winning product improvements while navigating a career that involved relocating 6 times, navigating corporate mergers and acquisitions before designing an encore career preparing people and teams for creating new solutions.

Gwen completed an MIT edX Honor Code Certificate for U.Lab: Transforming Business, Society, and Self as well as certification in emotional intelligence. She is a graduate of Temple University with a B.A. in Radio, TV and Film.