

# MEDIA KIT



## KATY GALA

## WHERE TO FOLLOW KATY GALA

 [katygala.com](http://katygala.com)

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## ABOUT KATY GALA

Business coaches are a dime a dozen. But an intuitive and deliberate executive coach that actually guides clients toward and through breakthroughs to experience transformation in both life and work is a little harder to come by. Katy (Kvalvik) Gala is just that—an expert who provides holistic executive coaching for C-suite executives, business owners, entrepreneurs and leaders ready to experience both personal and professional breakthrough.

As the creator of the Harmony Method®—a blueprint for work-life harmony—Katy helps her clients find harmony emotionally, spiritually, physically, and mentally in both their personal and professional lives. Most clients come to her with one problem and leave having experienced breakthrough and transformation in every area of their work and life.

After overcoming multiple life-altering injuries—and relearning how to walk—Katy has dedicated her life to empowering leaders to fulfill their missions and live out their life purpose. From today's leading corporate brands to entrepreneur-led start-up businesses, she has worked with companies such as Sony, American Express, Beach Body, Hyperloop Transportation Technologies, Singularity University and AllBright as well as tech startups like VideoAmp, Pivot Bio and MediGram, to name a few.

An expert in advanced communication skills for high-stakes conversations and presentations, influence and negotiation and leadership development, Katy is an in-demand speaker at conferences and events across the country and has been featured on several online and television media outlets, including ABC, NBC, Thrive Global, Entrepreneur and more. Katy also speaks on integrative health—specifically stress reduction, chronic pain, gut health and chronic fatigue. She specializes in helping individuals build resilience, increase their high-performance mindset and achieve sustainable results by incorporating health and wellness strategies into their everyday life. A graduate of UC Berkeley, board-certified health counselor, certified trainer of Neuro-Linguistic Programming (NLP), certified yoga instructor and business mentor, Katy is passionate about helping people thrive. To learn more, visit [katygala.com](http://katygala.com).

## AS SEEN IN



Entrepreneur



SMALL BUSINESS  
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## INTERVIEW TOPICS

- Unlocking holistic leadership for high achieving leaders and entrepreneurs
- Mastering your communication from high-stakes environments to difficult conversations
- Empowering overachievers: defeating burnout and building resilience
- Managing your energy on a physical, emotional, mental and spiritual level
- Reignite your entrepreneurial passion and focus amidst chaos and burnout
- Embracing “No” to fuel your leadership efforts
- Discovering your deeper why, passion, vision and self-mastery as a leader or entrepreneur
- Overcoming emotional and mental baggage: eliminate doubt, fear and limiting beliefs
- How to prepare and close deals for pivotal fundraising or investment presentations

## PRAISE FOR KATY GALA

“Katy is an unstoppable force of support and knowledge who was key for taking our business to the next level. She also helped us close a Series B and Series C worth \$170 million and to create global awareness.”

– Karsten Temme  
CEO & Co-Founder of Pivot Bio

She has been a game-changer to our team at Medigram. If you’re ready to work and you’re driven to succeed, then find out if she has space for you.”

– Sherri Douville  
CEO of Medigram

“Katy is the real deal, her work with me over a year period was totally transformational. Her wisdom, support and knowledge was key for taking my business and personal life to the next level.”

– Jeff Benton  
CEO, Link Strategy Group

“In the four short weeks I worked with Katy, I was able to achieve clarity in my career, let go of limiting thoughts that I didn’t know were plaguing me, and lay out a clear action plan for how to get to where I wanted to be.”

– Lauren Johnson  
Manager of Global Service Optimization, BeachBody

“Katy is a gifted listener. Her ability to uncover insights and then offer strategies to support the achievement of outcomes is impressive. I highly recommend Katy for anyone who wants to take their career to the next level.”

– Stuart Newton  
Business Development Executive, Deloitte

“Katy is one of those rare, amazing people you meet in life. Her tremendous personal story, expertise on advanced communication skills and overall wellness, and sheer mental horsepower have helped me connect on a deeper level with investors, colleagues, and my family. The skills she has are not taught in any book, class, or religion that I have seen.”

– Tim Bean,  
CEO of Fortem Technologies

## SUGGESTED INTERVIEW QUESTIONS

1. You've overcome significant adversity—can you describe your journey through life-altering injuries and how it's shaped your current mission to empower others through breakthroughs and burnout?
2. What advice do you have for individuals facing their own obstacles and adversity? How can they build resilience?
3. What recommendations do you have for leaders and entrepreneurs looking to proactively maintain high-energy levels?
4. In your coaching, how do you help leaders and entrepreneurs prepare for high-stakes conversations, fundraising presentations and other stressful business events?
5. What are some common challenges you see in your coaching clients looking to break through burnout and overwhelm?
6. How can individuals effectively manage stress without it compromising their physical and mental health? What do you recommend for boosting immunity during stressful seasons?
7. Can you elaborate on your belief that “no” is the new “yes”? How did you arrive at this perspective?
8. What's the difference between work-life balance and work-life harmony? Why do you advocate for the latter, work-life harmony?
9. In your coaching, you spend a lot of time on routines and habits—what does a high-performance routine look like for your clients?
10. How do you help leaders and entrepreneurs discover their passion, why and vision? How does this lead to self-mastery?

### PRESS CONTACT

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