



Bio Kim Griffith

HUMANS ARE HARDWIRED FOR CONNECTION. Being seen, heard, and valued is essential for us to live an empowered life and experience healthy relationships. Yet navigating daily life, as we know all too well, presents constant challenges to gaining and keeping that connection.

SPEAKER, COACH, AND FACILITATOR. Kim has worked with business leaders, educators, and parents worldwide on the power of mastering connected living through four simple steps called The WAVE Process®. A true expert at coaching people in real-time, everyone loves Kim's lighthearted approach to dragging out life's biggest challenges and facing them with hope, courage, and humor.

Through mastering the WAVE Process®, we all can gain the ability to:

- Discover how and why triggers cause conflict, power-struggles, and chaos.
- Learn exactly what it takes to maintain connection through any challenge; create an environment that fosters healthy communication, partnership, engagement, and true success.
- Build the skill set for fostering connection and reaching your goals in any aspect of your life – from relationships to parenting, to the workplace.

WHAT IS THE WAVE PROCESS? It's a blueprint for moving through our triggers and disconnection into connection and empowerment. It is the key to increasing emotional intelligence, communication, motivation, and decision-making – providing the ability to build healthy relationships, and experience authentic well-being and success.

ABOUT KIM Kim Griffith is the creator and founder of The WAVE Process®, CEO of the Wave Institute. She is also the Vice President of I.B.Mee, an educational non-profit that has launched a Wave Process curriculum in schools, where children are gaining empowerment and true resilience as they learn early on how to handle their emotional triggers, communicate and connect.

Kim is an Executive Coach and Board-Certified Life and Wellness Coach with a Master's Degree in Transpersonal Studies/Psychology.

SPEAKING TOPICS include:

- Mastering Connected Leadership in Business
- Mastering Connection in Parenting
- Mastering Connection in Relationships
- Mastering Connection in Schools & Education

CONNECT WITH KIM

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