

## **Dr. Dionne Kress Biography**

Dr. Dionne Kress is an Executive Coach and Business Consultant. She helps businesses, entrepreneurs, and professionals in leadership roles define and accomplish personal, professional, and organizational goals. As a coach, Dionne encourages professionals to explore challenges, successes, general obstacles, and transitions in their personal lives and professional relationships leading to more effective leadership skills, greater business success, and more satisfying lives.

Prior to establishing her own coaching and business consulting practice Dionne had 18 years of successful business management and sales experience including two Fortune 500 companies. She sold and managed million dollar territories. Dionne also has 6 years clinical practice experience as a family therapist where she facilitated the process of positive change for both individuals and families.

Dionne earned a Doctorate in Management with focus in Organizational Leadership. Her published doctoral research is in the areas of coaching, self-awareness, and leadership effectiveness. Her research results were significant, demonstrating that an executive coaching experience directly and positively influences a leader's self-awareness and leadership effectiveness both personally and professionally.

As a leadership professional Dionne has taught business and management courses at both the Associates and Masters level. She has conducted numerous leadership trainings, motivational speeches, and co-founded a women's group. She has facilitated leadership retreats focused upon leadership development; strengths based leadership, team building, and strategic planning. She has worked with both small and large businesses facilitating a process of change, improving business success, as well as individual leadership performance and overall professional health and well-being.