

# Kate Stitham

CONSULTANT ~ SPEAKER ~ EDUCATOR

Kate (Katherine) Stitham is a consultant, facilitator, and speaker specializing in organizational development, leadership strategy, and change management. She has spent over a decade helping organizations navigate complexity, foster collaborative and inclusive cultures, and implement high-impact change initiatives. Working across the U.S. and internationally, Kate incorporates cutting-edge leadership strategies, educational theory, and organizational psychology principles into her work, ensuring organizations have the tools and frameworks to adapt, collaborate, and sustain initiatives.

A dynamic trainer, Kate leads engaging workshops, retreats, and engagements that blend research-backed methodologies with practical application. She emphasizes the balance between ideas and action, recognizing that meaningful change requires both systems to support it and behaviors to sustain it. Her approach integrates strategic thinking with practical implementation, ensuring organizations align their vision with everyday practice to create lasting impact.



## Subject Matter Expertise

Systems Thinking + Organizational Development • Conflict Transformation + Dialogue • Effective Feedback + Accountability • Power Dynamics in the Workplace • Psychological Safety • Fostering Critical Consciousness • Leading Intercultural Workplaces • Collaborative Decision-Making • Work Culture + Organizational Psychology • Adaptive Leadership + Change Management

## Best Fit Audiences

Higher Education Institutions & Universities  
Business & Industry Associations  
Human Resource & Learning & Development Professionals  
Senior Executives & Organizational Leaders  
Educators & Training Professionals

## SAMPLE TOPICS

### **Making Change Work: Turning Initiatives into Action**

Organizations invest heavily in change initiatives, but why do so many fail? This session explores the key barriers to lasting change and provides a road map for embedding new behaviors, policies, and cultural shifts into the fabric of your organization.

### **Bridging the Divide: Navigating Difficult Conversations in Polarized Times**

In today's workplace, value differences can lead to division or drive innovation—depending on how they're managed. This session provides practical tools for facilitating conversations across ideological, cultural, and generational differences while maintaining respect, engagement, and collaboration.

### **Culture By Design: Building Adaptive Workplaces That Thrive in Change**

Successful transformation isn't just about policies or initiatives—it's about creating a culture that supports change at every level. This workshop helps leaders identify cultural roadblocks, align strategy with organizational values, and build the conditions necessary for long-term success.

### **Power & Influence: Understanding Workplace Dynamics**

Power is always at play in organizations—whether we acknowledge it or not. This session explores the role of power, influence, and decision-making in the workplace, equipping participants with the tools to navigate hierarchies, advocate effectively, and create more equitable leadership structures.

### **Psychological Safety: Creating Space for Innovation and Accountability**

Workplace cultures that balance trust, challenge, and accountability are the most effective at fostering innovation and growth. This session breaks down the components of psychological safety and provides strategies for building teams that encourage risk-taking, learning, and honest feedback.

“Kate does a good job balancing addressing something that is complex, uncomfortable, or foreign to people, and making it tangible and achievable. She breaks ideas down in a way that creates a road map.”

“Kate has a rare ability to create an inclusive space where individuals from diverse backgrounds and perspectives feel heard, valued, and engaged. She skillfully addresses different viewpoints with professionalism and respect, adapting in the moment to ensure meaningful, productive dialogue.”

“A skilled facilitator, Kate truly took the time to prepare for the unique individuals in our group, took her cues from them on the day of, and guided conversations with utmost professionalism. ... Perhaps what distinguishes Kate most from other speakers is her level of self-awareness. Highly recommend!”

## To Book or Inquire



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