



Kristin Beltaos, M.A.
Life Coach • Owner

EDUCATION

M.A. in Management
Concentration: Change
Management and Human
Development
College of St. Scholastica

B.A. in Journalism
University of St. Thomas

Stress and Emotional
Management Training

ASSOCIATIONS

Resolve™ The National
Infertility Association

The Food Allergy &
Anaphylaxis Network (FAAN)

WORK EXPERIENCE: MARKETING AND BUSINESS CONSULTING

Beltaos Consulting
3M

HealthNexis
Fair Isaac Corporation

LIFE EXPERIENCE

Infertility
Miscarriages
Pregnancy After Loss
Child Food Allergies
Aging Parents
Parental Loss
Employment Transitions
Starting Own Company

The idea of talking to someone else about your life, thoughts and concerns can be scary. Where would you even start? My job is to make you feel comfortable and ask the right questions to help you share your story.

Through my business, educational and personal experiences, I've gained the skills and perception to be a compassionate listener, ask clarifying questions, organize thoughts, and provide the clarity and tools to help you set goals and take care of yourself.

In my graduate program, I concentrated on change management for organizations and individuals to gain greater effectiveness. I learned how to deal with changes in my career, such as three large corporate mergers. I helped foster positive environments, and encourage open communication between management and employees. By leveraging my interpersonal skills, I led and focused individuals and groups on the tasks at hand.

During my 15-year corporate career, I specialized in facilitating strategic planning sessions and writing, executing and measuring marketing communications plans. I also consulted for and was employed by a variety of companies, including a Fortune 100 and a VARBusiness 500 company.

While I could have gone into the corporate coaching environment, I chose instead to bring my talents to people's personal lives. Like a large organization, individuals live and behave within systems—family, the healthcare system, society at large, etc. By partnering with me at A Gift of Miles, you'll learn how to get what you want and function with ease within your many systems.

My approach to support is more than behavioral and goal oriented. I concentrate on emotions, as well, since they play such a critical role in decision making. Emotions can occasionally get in the way, so I help you to align your feelings to move beyond any of your own barriers, and those within your systems.

My education, professional career and personal experience prepared me to embark on what I consider the most important and fulfilling endeavor of my life: supporting and encouraging individuals facing life's challenges, which I've overcome and continue to maneuver through.

In my free time, I enjoy cooking, reading, photography and spending time with my husband, two young sons and friends.

To talk about your challenges and how I can help, contact me at kristin@agiftofmiles.com or **612.845.7585**.

