

“I can not teach you... I can only help you **explore yourself.**”

—Bruce Lee

# KEVIN CARROLL

COACHING AND CONSULTING



EXECUTIVE LEADERSHIP • HUMAN PERFORMANCE • REINVENTION

*Kevin brings a playful curiosity + a lifelong love of learning + a competitive mindset to all of his endeavors. He sees humanistic potential + possibilities everywhere. He solves issues and challenges in surprising + unexpected ways.*

## Team Integration Workshops

Connect, engage and move attendees via dynamic + playful moments. Be ready to awaken the “KIDULT” (Kid + Adult) inside you via these dynamic + playful experiences:

- “KIDULT” Creative Time: team ideation + collaboration exercise.
- “KIDULT” Recess Time: a purposeful play experience via a series of “intentional” games + activities.
- “KIDULT” Story Time: create a short poem by answering a series of insightful questions..
- RESULTS: teamwork, collaboration, improved creative confidence!

(VIRTUAL OPTION AVAILABLE)

## Executive Leadership Coaching (1:1)

During these meetings, clear goals are set and a “bespoke” action plan is co-designed to achieve the desired outcomes.

(VIRTUAL OPTION AVAILABLE)

## Professional “Thinker” In-Residence

Subject matter expertise provided to an organization via onsite visits to amplify and/or support an agreed upon project/goal.

(VIRTUAL OPTION AVAILABLE)

## Areas of Focus

adaptability • resilience • problem solving • well-being • optimism • positivity • creative confidence • setting + achieving goals  
teamwork • collaboration • creative energy • communication • cooperation • problem-solving • storytelling • **FUN!**

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## What people are saying...

“I have had the great fortune of knowing, working with and being inspired by Kevin Carroll for over 20 years. At Nike he motivated us, as designers, to think beyond what we were drawing and delve into the minds of those who would wear the products we design. He coached us to become great storytellers as well as designers. All while having a great time through embracing play as part of our daily lives. I kept in touch with Kevin and in each role I have had since Nike, he has expanded my creative process and supported me as I transitioned from a product designer to an executive. He’s encouraged me to make everything we create into something remarkable and not settle for anything less. He has become a sounding board for me when I am stuck and has never failed to get me out of the rut. I simply cannot express how helpful Kevin has been to me during the evolution of my career.”

—**Caprice Neely**, FORMER VP, FOOTWEAR DESIGN, UNDER ARMOUR

“Kevin has helped me navigate both my professional career in technology as well as my entrepreneurial endeavors. He is a brilliant role model, effective consultant, and an inspired muse. He knows how to share critical feedback from a place of love and is always willing to roll up his sleeves to help design, deliver, and facilitate programs with and for the teams I support. He has helped manage through difficult times and continues to be a rock in my life and a resource. I am the Cultural Alchemist at X, The Moonshot Factory and would not be effective in my role without the years of support and guidance I have received from Kevin, who I refer to as my Yoda.”

—**Gina Rudan**, CULTURAL ALCHEMIST, GOOGLE X - ALPHABETS THE MOONSHOT FACTORY

“I’ve built and scaled startups, launched products, and led teams. I would have spun out without the help of Kevin. He was instrumental in coaching my mental/emotional stamina and leveling up my performance not just as a leader, but as a person.”

—**Jelani Memory**, FOUNDER, A KIDS BOOK ABOUT PUBLISHING



“Hearing Kevin’s story about the challenges he faced in his childhood and how he overcame adversity drove me to reach out and ask for his guidance. Since then, Kevin has been nothing but a motivator and “catalyst,” influencing everything I do today. His authenticity and joy is something that can be felt immediately when he steps in the room. There’s a 100% guarantee that you’ll feel better about yourself and motivated after interacting with Kevin.”

—**Myles Bryant**, PRO ATHLETE, NEW ENGLAND PATRIOTS

“Kevin is a profound and intellectual creative leadership guru who gracefully encourages others to take risks and continuously raise their game through play and creative inquiry. He utilizes his incredible story as a catalyst to inspire the next generation of change agents and catalytic disruptors. Most recently, Kevin played a critical role in helping my team at the NYC Mayor’s Office discover our “why” (our purpose) and connect that purpose to how we creatively tell a story that’s relatable and connects to the vulnerable communities we serve and business leaders we collaborate with. Kevin reminds us that “play” is not only for the younger child in us, but is an essential practice for organizations and company cultures that want to grow from good to great. In the words of Kevin himself: Game On!”

—**Gary Johnson**, DIRECTOR STRATEGY & OPS, NYCX



## What people are saying...



“KC has been an integral part of my growth as a man, athlete, and aspiring change agent. He helped me organize my thoughts, contextualize my athletic struggles, and ultimately become the first American male in 112 years to win a silver medal at the Olympic Games. KC listens, identifies, and allows your mind to instinctively work its way out of problems. As I continue my journey towards the delayed Tokyo Games, KC has been supportive in an emotional capacity, helping me stay focused on what has become a longer pathway to gold.”

—**Daryl Homer**, OLYMPIC SILVER MEDALIST, 2X OLYMPIAN

“Kevin is the best coach you could wish for and simply an outstanding human being. I met Kevin when I was working at Nike, where he was a thoughtful sounding board for my “what’s next” conversations, always leaving me wiser, inspired and clear in my head. He coached me through my first TEDx talk, and encouraged me to stay authentic and true to myself. All of this influenced my mindset and fueled my confidence to start my own consulting company post-Nike and to become an Entrepreneur. Kevin is simply the BEST.”

—**Bassima Mroue**, CO-FOUNDER/CEO, SKINT

“Kevin is a force of nature. Infectious energy. Boundless wisdom. Unstoppable creativity. Kevin is curious, patient and thoughtful in his approach. He’s able to consistently draw on his own life experiences to help light a path for others. Every time we speak I leave feeling smarter, happier, and more ready to take on the world than ever before.”

—**Daniel Monheit**, CO-FOUNDER, HARDHAT CREATIVE AGENCY

“Kevin Carroll is a gift. He offers his humility, storytelling expertise, and voice to aid others. As a wordsmith, Kevin is masterful. He can coach performance, media training, filmmaking, and guide anyone who desires to live their most authentic story. Trust me, connect with KC as he will be a ‘katalyst’ in your life on every level.”

—**Yogi Roth**, PAC12 NETWORK, BROADCASTER & CONTENT CREATOR

“Kevin brings profound wisdom, energy, and passion to every conversation. Inspiring reflection and personal action, he listens and then organically offers relevant insight through storytelling and simple truth. Kevin’s authentic joy and hope are at the very heart of his creative communication. I can honestly say he has changed who I am today.”

—**Walter J. Meisner**, SR. BUSINESS DEVELOPER, AVANGRID RENEWABLES

“Kevin Carroll has a gift for expanding your sense of possibility and giving you the relevant tools and mindset to drive transformational change. His diverse perspective and unrivaled energy imparts new approaches to collaborating, building community, and problem-solving. By the end of any conversation with Kevin, you feel ready to reach your full potential and embody his teachings when tackling the next chapter.”

—**Alex Lebow**, NIKE/DIRECTOR, PARTNERSHIPS & ENGAGEMENT

