

Katherine Kuhn

FOUNDER,
REGULATED PRESENCE™
THE MISSING HR COMPETENCY

After years of leading through investigations, conflict, and executive pressure, Katherine saw a clear pattern:

- HR professionals were expected to stay calm - but had never been taught how.
- What was being praised as professionalism was often an unmanaged stress response.

This gap became the foundation of her work - what she now defines as the Missing HR Competency.



SIGNATURE TOPICS

- ✓ The Neuroscience of **Stress Reactivity** in HR Environments
- ✓ The Biological Cost of Being **"On"** All Day
- ✓ Why Burnout is Not Weakness - It's **Nervous System Overload**
- ✓ Practical Tools for **Calm Presence Under Pressure**

320,000+
monthly website views

80,000+
unique monthly visitors

270,000+
email list subscribers

1.45 million+
total podcast downloads

WHAT LEADERS GAIN

- ✓ Tools to Regulate Emotional Reactions in High-Stakes Conversations
- ✓ Earn Trust Without Escalating Intensity
- ✓ Make Clearer Decisions in Critical Moments
- ✓ Prevent Emotional Depletion While Maintaining Authority

AS SEEN IN



COLLABORATION PACKAGES

PACKAGE A: \$2,100

- Professional Keynote Speaking (up to 60 minutes)
- Social Media Posts

PACKAGE B: \$3,000

- Half-Day Seminar
- Professional Keynote Speaking
- Social Media Posts

PACKAGE C: \$5,000

- Full-Day Seminar
- Professional Keynote Speaking
- Blog & Social Media Feature

CALM PRESENCE UNDER PRESSURE

HR professionals navigate the emotional epicenter of organizations, yet they receive no formal training on maintaining composure in high-stakes scenarios.

- ✓ CONFLICT - CRISIS - TERMINATIONS
- ✓ EXECUTIVE TENSION - CULTURAL CHANGE
- ✓ HIGH-STAKES DECISIONS

CLIENT FEEDBACK

"This message gave language to what so many HR professionals experience but rarely know how to articulate. Katherine brings clarity, credibility, and practical transformation."

Event Host / HR Leader

"Regulated Presence™ is not just inspiring – it is immediately useful. Our audience walked away with real insight and tools they could apply right away."

Leadership Event Organizer

CONTACT DETAILS

Please feel free to contact me for any concerns or questions.

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