



## THE CAREGIVER COACH GROUP

(A JASKAP Consulting, LLC initiative)

# Kristen Stockton

## ABOUT

Kristen Stockton is the Founder of The Caregiver Coach Group under JASKAP Consulting, LLC, where Kristen is the Principal Managing Partner. Kristen's unique background spans 30 years of working with non-profit, private, and public sector organizations. Her life and work of over twenty years as a Caregiver and Human Capital professional make her uniquely equipped to lead this new practice area. The Caregiver Coach group provides 1:1 and group coaching, resources, workshops, and retreats, all to support the caregiver, their manager, and the team.

## CONTACT

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## EDUCATION AND CERTIFICATIONS

**INTERNATIONAL COACHING FEDERATION**  
Associate Coaching Certification

**BOSTON COLLEGE CARROL SCHOOL OF  
MANAGEMENT**  
Certificate Community Relations

**AMERICAN UNIVERSITY**  
Masters, Performing Arts Management

**WEST CHESTER UNIVERSITY**  
BS, Education

## OTHER PROFESSIONAL EXPERIENCE

CAPITAL ONE 12/2021-06/2023  
KPMG, LLP 09/2004 -03/2018  
SALLIE MAE 09/1998 -09/2004

## COACHING WITH KRISTEN

Kristen is engaging, warm, and practical in her coaching. Her background in the arts adds creative elements for clients to inspire awareness about themselves and the world around them. As a leadership expert, she brings real-world applications as part of the process. She has helped leaders improve and shape how they influence, communicate, and manage interactions as they navigate their persona as caregivers and leaders. Our sessions will restore your identity, making room for personal and professional personas and enabling you to grow your capacity for joy and accomplishment. Together, we will work on harnessing your unique strengths, allowing you to share experiences with empathy and authenticity, and demonstrating leadership through vulnerability to your team, manager, family, and peers.

## CAREGIVER WORKSHOP/SPEAKER TOPICS

- Disclosing personal experience at work
- Applying RESTORE elements
- How to Thrive: Maximizing Your Time
- Communicating with Empathy
- Managing Overwhelm
- Joy in the Margins