



Kris McGuigan: Professional BIO

Kris McGuigan is the founder and principal owner of Professional Courage. As a board-certified, executive coach, keynote speaker and corporate trainer for the nation's most prominent Fortune 500 companies, Kris has helped countless leaders step up and stand out in the marketplace. Her first book, [*The Requisite Courage: How to Make Brave Decisions in Business & Life*](#), is a science-based approach to fear management that helps you overcome self-doubt, take more risks and get results.