



ABOUT
CHRIS CASTILLO

Chris is the founder of Empowered Achievers, a career coaching and development company focused on helping driven professional women craft careers that they love. Originally coming from the corporate advertising industry where she worked on clients like Google, YouTube, & Expedia, she traded in the agency life for the world of talent development & culture. She transformed her own career into something she loved, and is passionate about getting rid of the "Sunday Scaries" for each one of her clients, too.

Chris works with individuals and companies alike, through both her custom coaching program as well as corporate trainings. She is a thought-leader, with articles in Thrive Global and features on sites such as Business News Daily and HelloGiggles.

WHAT PEOPLE ARE SAYING

“ Chris’ workshop style is clear, comfortable, and engaging. Thanks to her well thought-out and organized leadership in front of the room, the material becomes a story that is easy to follow and resonates with her audience.

-MEREDITH

“ Chris is clear, direct, and really engaging...I plan my schedule around her workshops because it’s a guaranteed value.

-MACY

“ Working with Chris was like a rebirth of my professional state of mind

-VANESSA

“ I now have a fool-proof methodology to pivot anytime I want or need. What a beautiful, permanent gift--to have been given a toolbox instead of a bandaid.

-ANNE

EMPOWERED
ACHIEVERS
HELPS DRIVEN
WOMEN TO TAKE
OWNERSHIP OF
THEIR CAREERS
AND LIVES.





HOW IT WORKS

1

CONVERSATION

All custom training programs start with a conversation about the business and what you're looking to achieve. By knowing where you want to go, we can create custom programming just for you!

2

RECOMMENDATION

Once we've had a chat, Empowered Achievers will pull together a thorough recommendation on how we should work together in the future. Rest assured, we'll think of all of the important details to ensure your training program sticks.

3

CUSTOM CREATION

Once we're all on board with the recommendation, Empowered Achievers will begin the creation of our custom programming. We include multiple checkpoints throughout the process, so there's never any surprises.

4

IMPLEMENTATION

Hooray! It's training time. All programs are run with true facilitation, engaging the room and ensuring your attendees leave inspired and ready for action.

5

CULMINATION

Once the program has wrapped, we'll have a review to discuss our success & future programming. Onward and upward!

SIGNATURE WORKSHOPS

EMPOWERED ACHIEVERS BELIEVES IN TRUE FACILITATION. ALL OF OUR WORKSHOPS ARE ACTIVITY BASED WITH ACTIONABLE TAKE-AWAYS, AND THE EXPERIENCE OF A SEASONED TRAINER.



MANAGEMENT & MILLENNIALS

Millennials are a unique breed, and managing them takes more than an endless supply of avocado toast. In this training, we'll talk about the key tenets of great management, tailored to Millennials' needs for purpose and career fulfillment.



MYERS-BRIGGS

As a Certified Myers-Briggs Practitioner, Chris will take your employees through Myers-Briggs assessments. This can be a full team-session to address internal concerns, or a custom session where we look at a single dichotomy. The choice is yours, but your team will surely leave singing kumbaya.



THE GROWTH MINDSET

Based on the work of Dr. Carol Dweck, this workshop will teach employees how to take ownership. They'll learn the basics of the Growth Mindset, and how they can use it to continuously improve their careers. They'll leave feeling inspired and ready to take action.