

**KAITLYN DANIEL, MS**  
**Performance Dimensions Group Consultant**

Kaitlyn is a resilience and performance expert that helps people and organizations perform and thrive using simple and easy to implement strategies.

Kaitlyn spent over six years as a Master Resilience Trainer and Performance Expert training Soldiers in United States Army before starting her own business to provide custom training for high stress professionals like women in business, cybersecurity and first responders.

**Project Experience**

**Microsoft Cybersecurity / Resilience Training / Team Building Training.** Worked with an 80-person team to increase individual stress management skills, cross-team communication and leadership support. Training included in-person training events and remote workshops. Team reports better coping strategies, better support from leadership in meeting their needs and team goals, and greater utilization of resources existing within the team.

**Lakewood Police Department / Resilience Training Program.** Designed and co-facilitated a 16 hour resilience training series to five cohorts to increase coping tools and decrease the cumulative stress load of the job. Training resulted in participants feeling more energy at work, greater commitment to their mission, fewer reports of feeling numb, angry or frustrated compared with those that did not attend the series. Another finding was attendees recovered more efficiently on vacations.

**United States Army / Madigan Army Medical Center / Madigan Organizational Leader Development.** Designed a sequential leadership development curriculum tailored to the needs of distinct levels of leadership. This curriculum applied five different development programs to integrate institutional best practices and new evidence based methods of performance.



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**CREDENTIALS**

BS. Athletic Training and Psychology, Wilmington College, Ohio

MS, Sport Psychology and Performance, Miami University, Ohio

Certified Mental Performance Coach, Association of Applied Sport Psychology

Dare to Lead™ Trained

LEAP Certified Coach™

Critical Incident Stress Management Peer Support Trained, ICISF

Master Resilience Trainer, United States Army

**EXPERTISE**

Leadership and Development Design/Implementation  
Human Performance Improvement  
Resilience and Wellbeing  
Burnout and Stress Management  
High Performance Teams

**AFFILIATIONS**

AASP  
F-Bomb Breakfast Club

*"Her ability to assimilate information from several sources and produce a plan of instruction which fit perfectly into the summit was remarkable. Her training affected approximately 300 key leaders in the hospital and helped them understand how build meaningful goals for the year." Colonel Dan McKay, United States Army*