

NOTES ON LEADERSHIP

with broadcaster
Carrie Frais
& leadership coach
Kristin Berry



YOUR STORY IS YOUR LEADERSHIP STORY

'Notes on Leadership' is the brand-new radio show and podcast from British broadcast journalist Carrie Fraiss and US leadership coach Kristin Berry. The 60-minute show delves deep into how a leader's back story becomes his or her leadership story, all told via their most powerful musical memories.

"Storytelling is the single most powerful tool in a leader's toolkit."

..... Howard Gardner
American psychologist



**CARRIE
FRAISS**

Carrie is a native British broadcast journalist based in Barcelona. She is also a copywriter, voice-over artist, blogger and marketing & PR strategist with more than 25 years' experience.

After completing a Post Graduate degree in Broadcast Journalism at The London College of Communications, Carrie went on to work as an established news and sports presenter for some of the world's leading television and radio channels including the BBC World, BBC News 24, ITV News, Sky News, Sky Sports, EuroNews, BBC Radio 5Live, BBC Radio 4, LBC, Capital FM and Heart FM.

Carrie is the co-founder of FiG Communications, a creative agency, MumAbroad.com, one of Europe's leading resources for international families and 4Voices, a public speaking platform for teens. She recently edited and co-authored the anthology #LivingTheDream, an exposé on some of the harsher realities of expat life. She is also the regular host of the Barcelona radio show and podcast 'The Soundtrack to My Life' offering people the chance to tell their stories, accompanied by their most powerful musical memories.



**KRISTIN
BERRY**

Kristin Berry, originally from Chicago, is a passionate, dynamic team and executive coach and trainer based out of Barcelona since 2007. She is also an adjunct professor in international programs in leadership, team building and coaching skills at EAE business school where she teaches students studying the International MBA and Masters in Human Resources. Her past experiences as a teacher and in training and leadership roles in an international NGO inspired Kristin to take the direction she has professionally.

Kristin is a certified Co-Active Coach and is trained in ORSC (Organization and Relationship Systems coaching) and EED (Emerging Essence Dynamics), for coaching in personal growth, leadership, and relationships. She is also certified in DISC, Belbin's Team Roles and The Leadership Circle, tools that help her clients with self-awareness, leadership and team development, and communication.

She coaches clients- both teams and individuals-in international and multi-cultural settings with a focus on relationships and team culture.

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.....  [Watch the trailer](#)



"We believe that recalling impactful or transformational times by connecting leaders with music is a full-body experience. Listening to the music that resonates with a leader who opens up to share something of the deepest importance, whether a high or a low, success or failure from their life is like looking at a snapshot of their being. It is a privilege to get to dig into leaders' life stories with genuine admiration and curiosity. Over the past couple of years, as many people have had more time to self-reflect, they have also been thinking more about the memories they want to treasure and share with loved ones".

Carrie Frais



"Leaders are people first, so when I coach a leader I don't find it feasible to only talk about their job without talking about who they are as people. Leaders bring the formative experiences and important people from their lives with them to their role. Their beliefs and life values are the scaffolding of their leadership style. When a leader has consciousness around the important events and learnings of their life, they are all the more inspiring to others".

Kristin Berry

.....  [Listen now!](#)

..... Carrie Frais interviewing Kristin on "The Soundtrack to my life"



RECENT BROADCASTS ON 'NOTES ON LEADERSHIP'



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Serial Entrepreneur

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Colin Finlayson
Company founder, coach & creative thinker

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Rebecca Campbell
Director, Hewlett Packard

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Richard Lander
CityWire Founder

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WHAT PEOPLE ARE SAYING ABOUT 'NOTES ON LEADERSHIP'



"I love how the interview mixes personal experiences, music and leadership. Carrie and Kristin are an amazing tandem. Through her thoughtful questions Carrie really got a heartfelt, honest account of my life story. Bringing the music that influenced my life was also a really powerful way for me to connect and recall the biggest moments of my life. Kristin delved deep into how my life evolved into my leadership role and how my personal life and values shows through in my leadership. A truly amazing learning experience."

Colin Finlayson
Project Leader, Castiel Consultants



"When we embrace our past we can appreciate our journey and where we are in the present. Reflecting on my life through the lens of experiential songs was an emotional and meaningful experience. It brought back powerful memories of love, hope and courage. The preparation and discussion with Carrie and Kristen was an enjoyable therapy session full of understanding and reflection. It was a gift. A gift that has connected me to important times and people of my past. A gift of appreciation for what I have become and how I can help myself be a better person in the future. Thank you!"

Rebecca Campbell
Director, Hewlett Packard

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