

Karlyn D. Henderson, M.A.

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BIO (150 Words)

Like many high-achieving women, Karlyn [Car' lynn] D. Henderson, M.A.'s idea of success was professional status with a big salary. Climbing the corporate ladder at a global Fortune 100 company, Karlyn learned she needed guidance to soar. Why? Because Ms. Henderson's professional career and ministry servanthood were filled with frustration, exhaustion, and survival. Being a woman of color, she constantly self-monitored [code-switching], managed like a man, competed aggressively, and lacked confidence. Sometimes, passively sitting in meetings, Karlyn had no clue how to command presence, effectively communicate her ideas, or manage isolation in male-dominated workspaces.

As CEO of Poimena [poy'main a] Consulting, Ms. Henderson now empowers Executive/Senior Leaders and Executive Leadership Teams through the Redefining Leadership Stewardship Model, a proprietary holistic approach in Leadership Development, Faith, and Wellbeing.

Particularly with her heart, Karlyn mentors WOMEN LEADERS to be unapologetic in embracing God's Design of Femininity and strategically leveraging it for productivity and profitability.

BIO (250 Words)

Like many high-achieving women, Karlyn [Car' lynn] D. Henderson, M.A.'s idea of success was professional status with a big salary. Climbing the corporate ladder at a global Fortune 100 company with fervor to be the best, Karlyn learned the hard way, she needed guidance to soar. Why? Because Ms. Henderson's professional career and ministry servanthood were filled with frustration, exhaustion, and survival. Being a woman of color, she constantly self-monitored [code-switching], managed like a man, competed aggressively, and lacked confidence. Sometimes, passively sitting in meetings, Karlyn had no clue how to command presence, effectively communicate her ideas, or manage isolation in male-dominated workspaces.

After years of lessons learned, Karlyn now empowers Executive/Senior Leaders and Executive Leadership Teams through the Redefining Leadership Stewardship Model, a proprietary holistic approach in Leadership Development, Faith, and Wellbeing. As a seasoned, certified Executive, Leadership Development, and Mental Toughness coach,

Ms. Henderson doesn't believe in a one-size-fits-all method; instead, she honors the unique culture, worldview, lifestyle, and leadership role of each LEADER she mentors.

Particularly with her heart, Karlyn mentors WOMEN LEADERS to be unapologetic in embracing God's Design of Femininity and strategically leveraging it for productivity and profitability.

As the CEO of Poimena [poy'main a] Consulting and creator of Chayil [ha' yil] Academy, Ms. Henderson consults with Fortune 500 companies, non-profit organizations, government entities, and faith-filled ministries. Her consulting, leadership development programs, and trainings are transformative, drawing from a wealth of professional and personal experiences, insightful strategies, and real-life solutions.