Kairos Insights

Consulting that capitalizes on moments of opportunity and decision.

Our Team | Kristy L. Farewell



Kristy invested the past 20 years serving organizations and leaders globally as an executive coach and organizational development consultant. Her consultative and development approach integrates proven organizational and people strategies with a laser focus on service to the client. As a coach, Kristy's style is caring yet direct, where she serves as an advisor, accelerator, and encourager. She always leads clients through the process of goal alignment, personal assessment, and intentional coaching sessions. In consulting and coaching, she loves to support clients in capitalizing on the kairos moments in life – moments in time when the conditions are right for accomplishing a crucial action.

Areas of Expertise

- Coaching & Onboarding
- Sr. Team Alignment, Planning & Development
- Cultural Assessment & Development
- Change Leadership
- Team Development
- Strategic Meeting Design & Facilitation

Client Impact

President, Financial Services. Improved talent development and mobility through 12-month talent development and placement program.

Dean's Team, School of Medicine. Led an organizational assessment that resulted in restructuring, targeted team development, and improved employee engagement.

CHRO, Healthcare System. Facilitated strategic alignment sessions that improved transparency, priority alignment, and trust.

Partner, Consulting Firm. Provided executive coaching to support onboarding, improve strategic leadership capabilities and prepare for promotion to partner.

Kristy's consulting and coaching clients range from newly appointed leaders to seasoned executives and leadership teams from various sectors, including Healthcare, Academia, Pharmaceutical, Financial Services, and Government. A sample of organizations where she has served leaders includes Duke University Health System, Washington University, Barnes Jewish Hospital, Wake Forest Baptist Health, University of North Carolina, Highmark Health, Tesaro (now a part of GlaxoSmithKline), Boehringer Ingelheim (USA), Bayer, Merk Animal Health, PNC Financial Services Group, Truliant Federal Credit Union, Crowe, Office of Naval Research, U.S. Army and US GAO.

Before returning to consulting and coaching, Kristy served in several leadership roles, strategically leading system-wide change to support leaders in delivering organizational outcomes. Her leadership roles have included succession/talent planning, organizational effectiveness, employee engagement, coaching, leadership development, and training.

Kristy completed her Master of Science degree in Organizational Leadership, with research focused on Executive Development. She completed her Bachelor of Arts degree in Communication, holds several certifications in leading personality and psychological instruments, and is a certified executive coach.

To give back, Kristy volunteers with several non-profit organizations in her community.