

bio

Transformational, Powerful and Life Changing.

Kashonna Marrow is an engaging speaker, an inspiring coach, a motivational author, and an insightful corporate trainer. Kashonna is the President & CEO of Simply Kashonna, a business built to promote BOLD, FEARLESS and COURAGEOUS living. She goes beyond surface issues to address the challenges that inhibit personal, professional and spiritual growth, leading her clients to embrace their evolution.

Kashonna has activated the purpose and call of many, helping them to discover, define and develop their authentic self. Both, in the corporate arena and in the non-profit world, strategic growth and development of people have always been the focal point of her service. Corporately, she has held positions in both Human Resources, as well as the Staffing industry. Additionally, Kashonna spent years in an executive pastoral role where crisis intervention and spiritual guidance were her primary responsibilities. Understanding that leadership training and development is essential to any corporation or organization's growth, Kashonna launched SK Leading Forward, which is dedicated to enhancing employee engagement, performance, productivity and morale.

Through corporate relationships and interactive group/focus sessions, she has facilitated workshops in Customer Service, How to Handle Difficult People, Navigating Conflict, Emotional Intelligence, Developing Yourself and Others, Behavioral Based Interviewing, Diversity, Equity and Inclusion, to name a few. She is also DiSC Certified, facilitating assessments and debriefs with individuals and teams to optimize engagement and team cohesion. Kashonna's area of expertise is transformational leadership development and personal empowerment.

Kashonna is also the author of 7 Days to Simply Shift: A Daily Guide to Transforming Your Mindset Personally, Professionally and Spiritually. Kashonna has been a member of the Forbes Coaches Council and Association for Talent Development. She has deepened her knowledge through obtaining certifications from Cornell University, becoming a National Licensed Consultant through the Standards for Excellence Institute, completing PANO's Standards for Excellence Licensed Consultant Training Program, and is a Goldman Sachs 10K Small Businesses Scholar. She also serves her community as a member of the Women's Giving Circle and as a Rotarian. No matter the venue, Kashonna will impact you with her professional agility, contagious energy, vibrant smile, and engaging delivery.