Contact

www.linkedin.com/in/karibrunson (LinkedIn)

Top Skills

Mediation

Motivational Speaking

Holistic Healing

Certifications

Professional Mediation Skills Training Program

Certified Professional Coach

Internal Family Systems™ (IFSI) Trained Coach

Kari Brunson Wright

IFS™ Informed Psycho-Spiritual Leadership Coach | Operational & Strategic Consultant| Multi-time Founder | Former Ballerina

Seattle, Washington, United States

Summary

I am a dynamic, purpose-driven leader with a career that spans performing arts, entrepreneurship, and IFS™ informed psycho-spiritual leadership coaching & consulting. I've built a life rooted in creativity, emotional intelligence, and human-centered leadership. My mission is to help leaders and organizations thrive by connecting inner transformation with outer success, aligning purpose with impact.As Co-Founder and CEO of Frankie & Jo's, I helped grow our mission-driven dessert company into a multi-location brand with a strong community presence and national recognition. I lead with intention -- aligning business strategy with vision, fostering an innovative hospitality experience, and mentoring a team-oriented culture centered on purpose. I oversaw operations across retail, e-commerce, and catering channels, while maintaining financial performance, organizational development, and an unwavering commitment to guest experience.I'm also a IFSI™ trained Psycho-Spiritual Leadership Coach & Consultant. I guide senior leaders, creatives, entrepreneurs, and teams through transformational growth that integrates personal and professional values. My philosophy is rooted in the belief that true leadership stems from the harmonious connection of mind, body, and spirit. I help my clients discover their deeper purpose, enhance emotional intelligence, and cultivate leadership presence to lead with authenticity and clarity.I specialize in:Vision Setting: Crafting and clarifying a purposeful vision that aligns personal fulfillment with organizational success.Leadership Presence: Cultivating emotional intelligence, resilience, and authenticity to navigate challenges with grace.Conflict Resolution: Transforming conflicts into opportunities for growth, collaboration, and stronger team dynamics.Emotional Intelligence Cultivation: Fostering trust, empathy, and emotional clarity within teams, creating a unified, high-performing culture.My coaching integrates wellness practices and spiritual development with leadership principles to foster sustainable growth. I believe that by cultivating the inner life of a leader, we

unlock the capacity for transformative, impactful leadership that positively influences others.Currently accepting 1:1 coaching clients at karibrunsonwright.com, I'm always open to connecting with fellow leaders, entrepreneurs, and creatives who are committed to values-driven work and conscious leadership. If you're ready to align your leadership with your true purpose and elevate your impact, feel free to reach out.

Experience

Kari Brunson Wright
Leadership Coach & Consultant
September 2022 - Present (4 years 3 months)
Seattle, Washington, United States

Provide transformational leadership coaching for senior leaders and entrepreneurs, integrating psycho-spiritual methodologies to foster growth, clarity, and alignment with core values.

Specialize in vision setting, leadership presence, conflict resolution, and cultivating emotionally intelligent cultures that support long-term success.

Support clients in navigating career transitions, overcoming self-doubt and imposter syndrome, and achieving a balanced work/life harmony.

Design tailored coaching programs for individual leaders and teams, focusing on emotional intelligence, spiritual growth, and professional success.

Frankie & Jo's
Co-Founder
September 2015 - May 2026 (10 years 9 months)

Lead and manage a sustainable, purpose-driven ice cream business with a focus on community engagement, growth, and leadership development.

Develop and execute business strategies while maintaining a positive company culture rooted in shared values, emotional intelligence, and holistic leadership.

Mentor a team of employees, fostering growth, leadership, and alignment with the company's mission and vision.

Cultivate relationships with stakeholders, vendors, and partners, ensuring alignment with the company's values and vision for creating positive impact.

JuiceBox Cafe
Co-Founder
April 2012 - September 2020 (8 years 6 months)
1517 12th ave suite 100

Launched and grew the business, creating a space for community engagement through organic, plant-based products.

Developed strategic marketing, operations, and financial plans to ensure sustainability and profitability, while promoting wellness and holistic living.

Pacific Northwest Ballet
Ballet Dancer
June 2000 - August 2009 (9 years 3 months)

Performed in classical and contemporary productions across global stages. Developed deep discipline, performance presence, and resilience under pressure. Collaborated closely with world-class directors and dancers.

Education

Professional Children's School
· (1996 - 2000)

North Seattle College
Foods, Nutrition, and Wellness Studies, General