



KRYS PAPPIUS COACHING

Ignite - Transform - Thrive

Krys Pappius is an Empowerment Coach, speaker, and best-selling author.

In 2003, Krys was living what many would call “a good life”.

She was in her 10th year of a career as a police officer, and as far as anyone was concerned, she was successful.

Then a serious car crash woke her up to the reality that, while she had all the trappings of success, the success was empty – her life had no meaning, and she no longer knew who she was or what she wanted in life.

In that moment, she promised herself things would change, that she would do whatever it took to create a life for herself that had meaning and purpose.

It took Krys several years of searching to discover the secret to creating the life she longed for and to create a life that is interesting, purpose driven, and fun.


As an Empowerment Coach, Krys' mission is to share what she has learned with successful women professionals and entrepreneurs who are tired of feeling stuck in life and uncertain as they look to the future, and who are ready to take action now to create a life they love.




Krys Pappius

Krys Pappius Coaching

www.kryspappius.com

 kryspappius@gmail.com

 [@crafter.krys](https://www.facebook.com/crafter.krys)

 [@kryspappius](https://www.linkedin.com/company/kryspappius)