

KIRSTY STAR MAYNOR

Founder and CEO of The Firefly Group, Coach,
Speaker, Change Enabler and Author of the upcoming
"Guide to Change" (PUBLICATION: October 2023)

www.kirstymaynor.com

kirsty@kirstymaynor.com

 [@KirstyMaynor](https://www.instagram.com/KirstyMaynor)  [Kirsty Maynor](https://www.linkedin.com/in/KirstyMaynor)



Certified by the International Coaching Federation, the Coaches Training Institute and with an MSc in Organisational Behaviour, Kirsty Star Mayor is an engaging and compelling speaker, a thought-provoking coach and writer and the guide you want to have by your side.

Creator and survivor Kirsty is no stranger to change.

Having overcome change that's chosen her through divorce, depression, debt and grief, she's also perpetually created change in her own life including building a dream grand designs house, founding a sought-after leadership development business and parenting a teen daughter.

"ultra talented"

[Shivani Mair. TV & Radio Presenter](#)

"... you have recharged my heart and brain without any obvious source of electricity."
[Event participant, Civil Service Live 2021](#)

"... your session was absolutely brilliant - easily the best attended and there was certainly no sign that you were fazed by the number of attendees. Your approach was structured and clearly well considered and planned, but with a natural flow and cadence that is virtually impossible to achieve with a heavily scripted session, you got that balance perfect."
[Senior Government Official](#)

Story Ideas:

1. How changing my name helped me reclaim my identity
2. Why it doesn't matter who peels the carrots - and other truths about change
3. Coping with painful endings - why self-care is hard and how to keep it doable
4. Free! 10 acts of self-care that can change your life and not cost a dime
5. Riding the rollercoaster: How to set your kids up to live with change
6. Having the courage to say no - how to let go of what doesn't serve you
7. Surf your own life: how to respond to change that's thrown at you
8. Get out of your own way: embrace the change and find your next chapter
9. Choose to change before change chooses you! How to adapt effectively in our ever-evolving world
10. Three key elements that define leaders in the 21st Century