



Dr. Brittany Castonguay: Making Leadership Human

Veteran | Entrepreneur
Leader & Authenticity Expert

Bio

Dr. C is an Air Force veteran, entrepreneur, and leadership strategist who equips leaders with practical tools to embrace authenticity, empathy, and accountability. With a down-to-earth and charismatic style, Dr. C is helping leaders manifest their potential and transform organizations from the inside out. Outside of the office, you can find Dr. C with a cup of coffee, spending time with her family, and planning her next trip.

What Clients are Saying

“Such a valuable tool, and she was so **freaking amazing!!!!**” -Tara

“I **highly recommend her** to anyone!” -Luke

“**Dr. C is amazing.** She helped me understand and apply what I need to do!” -Michelle

“Really **amazing session!** So helpful!” -Tiffany

(813) 556-3283

<https://strategicHRinnovations.com>



Previous Audiences

U.S. Air Force
Special Operations
Non-Profit Leaders
Small Businesses
CEO & Executives
Podcast: *Transparency w/Dr. C*

Key Takeaways

- 1. **Tangible tools** to add to your leadership toolbox.
- 2. An internal perspective on your psyche, enabling you to **identify your natural strengths and potential blind spots**.
- 3. Knowledge and resources to become a **more effective leader**.
- 4. Understand the **confidence you can gain** from being your authentic self.



Real Talk on Real Issues



Transparent & Vulnerable



Relatable & Inspirational



Book Dr. C

FOR YOUR NEXT EVENT

Give your leaders
the gift of
accountability,
authenticity, and
transformational
growth.

[Schedule Dr. C](#)



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Keynotes & Workshops

OWNING WHO YOU ARE

- For most of us, we didn't have a choice in how our lives played out. We don't choose our parents or our communities. We do have the power to decide how we respond to our stories. In this keynote, Dr. C takes us through a transformational conversation about **owning our personal stories to become better leaders.**

LEADERSHIP THROUGH PERSONAL ACCOUNTABILITY

- As leaders, we set rules and expectations for everyone else. What about our own personal accountability? Throughout this conversation, Dr. C explores personal accountability, its relevance to leadership, and the transformational process that occurs when we **learn to love and accept ourselves first, enabling us to lead others.**

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