

GRETCHEN SCHOENSTEIN

An Award-Winning Speaker and Gallup Certified Clifton Strengths Coach and facilitator, Gretchen is passionate about sharing her deep operational expertise in executive and leadership coaching.

Her approach is uniquely informed by her personal journey of completing over 120 half marathons, embodying the principles of perseverance, resilience, and goal achievement. These experiences, coupled with her battle against three autoimmune diseases, have instilled in her a profound understanding of the power of strength and the human spirit's capacity to overcome adversity.

Gretchen's speaking engagements resonate with audiences because they are rooted in real-life challenges and triumphs. She is dedicated to unlocking and amplifying individual strengths and talents, guiding her audience through life's obstacles to find success and fulfillment with a philosophy centered around compassionate tough love and a commitment to celebrating every victory.

Gretchen's narrative is not just about enduring the marathon of life but thriving within it, marking each finish line with a sense of achievement and joy. Her dynamic speaking style and profound insights inspire transformation, making her a sought-after speaker for those seeking to elevate their leadership capabilities and achieve their personal and professional best.



AS FEATURED ON



Benaroya
Research Institute



KEYNOTES

FINISH LINE MOMENTS - ONE STEP

Inspirational keynote about achieving even more than one could imagine by taking that first step.

- Start with one step - and then one more
- What do you do after the first goal is achieved?
- Never stop finding motivation to keep going

STAY CURIOUS

What do you do when every roadblock kicks up in your way?

- Make the call - who and how do you ask for help?
- What's another way? Is there an option c? What else is possible?
- Stay present in the moment - what can the discomfort show you, what can come from the unknown and what does the pause teach you.

WATCH GRETCHEN IN ACTION



100TH HALF MARATHON



SPEAKER REEL



FINISH LINE
MOMENTS

COACHING AND CONSULTING

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