



Dr. Kristy K. Taylor, SHRM-SCP is the Founder of WORxK Solutions, LLC and the creator of the WORxK Principle™, a behavioral agility and performance framework designed to strengthen mindset, enhance communication, and build purpose-driven leadership. She is a military veteran, Certified Career and Executive Coach, and HR Organizational Development Practitioner with over 20 years of experience across human resources, training, education, and coaching. She has lectured at Yale University and was selected as one of Harvard's Women in Higher Educational Leadership.

Dr. Taylor's expertise spans leadership development, human capital strategy, and behavior-based workforce performance. She leverages her extensive background in education, human resources, and health science to advance her work in behavioral agility, helping organizations improve communication, leadership effectiveness, employee engagement, and workplace performance. She helps individuals and organizations understand behavioral patterns, communicate with clarity, and respond effectively in complex and evolving work environments. She has presented for organizations such as Pathways to Housing DC, American University, and Walmart.

As a facilitator and coach, Dr. Taylor integrates behavioral insights with practical application to drive meaningful and sustainable change. She also provides transformational one-on-one coaching, supporting clients in strengthening confidence, advancing their careers, and achieving long-term success.

She is the author of multiple career development books, including the number one bestselling Rx for Career Success, Vol. 1, and serves as host of the WORxK Solutions Podcast. Dr. Taylor holds a Doctorate of Health Science in Global Health from A.T. Still University, a Bachelor of Science in Human Resources from Park University, and a Certificate in Advanced Educational Leadership from Harvard University.