

# Biography Variations for Kat Rogers

## Short (71 words)

Kat Rogers founded Mariposa Mastermind to address burnout, expectations, and invisible labor in modern leadership. With nearly two decades of experience in the film industry and six years as a financial advisor, Kat has developed the instincts, the voice, and the deep understanding of what working under pressure can both build and break. Her work examines the mental and emotional load leaders carry, and why strong leaders leave when it goes unchecked.

## Medium (136 words)

Kat Rogers is the founder of Mariposa Mastermind, a platform that focuses on the intersection of leadership, capacity, and burnout.

She worked in the film industry for 18 years, managing domestic and international productions with hard deadlines and constant pressure. She later became a financial advisor and spent six years educating clients on strategy and risk management.

While those positions demanded resilience, motherhood exposed a whole other level of pressure. It showed her how much extra work some leaders are simply expected to do, even when it's not in their job description, just to keep things running.

Kat speaks and consults on leadership, invisible labor, and the structural patterns that slowly push teams toward burnout. Her work challenges the idea that resilience alone will fix the problem and instead examines the underlying patterns that slowly drain the energy from capable leaders.

## Long (192 words)

Kat Rogers is the founder of Mariposa Mastermind, a platform that focuses on the intersection of leadership, capacity, and burnout.

She spent 18 years in the film industry where she managed domestic and international productions with tight timelines, strict budgets, and an even higher demand for clear and concise communication and decision-making. The work required triage, clarity, and the

ability to lead under pressure. After her time in film, Kat worked for six years advising clients in financial strategy, behavior, and risk management.

After being fired during maternity leave and navigating the identity shift that followed, she saw firsthand how structural expectations pushed capable leaders toward burnout. What she noticed wasn't a resilience issue, but a leadership design one.

That realization shifted her focus. She began looking at the work that didn't show up in the org charts: the future planning, absorbing, and smoothing over that leaders do every day which quietly wears them down.

Now, Kat speaks and consults on leadership, invisible labor, and the structural patterns that slowly push teams toward burnout. Kat works with organizations to help them avoid the silent crash-and-burn cycle that costs them their strongest people.