

# Kat Rogers

Kat Rogers works with mid-sized organizations developing leaders, retaining high performers, and building sustainable performance systems. With 18 years in high-pressure environments and experience in financial advisory, she bridges emotional capacity and operational pressure – equipping teams with frameworks that improve clarity, alignment, and long-term performance.

**Book Kat For Your Next Leadership Event**



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<https://www.Linkedin.com/in/katrogers/>

**Speaker | Leadership Strategist  
Founder, Mariposa Mastermind**



[www.mariposamastermind.com](http://www.mariposamastermind.com)

## Signature Talks

### *Breaking the Overwhelm Loop: Protecting High Performers from Quiet Burnout*

Identifying hidden overload and installing safeguards before performance suffers.

### *Lead Like A Web: Influence & Alignment in Complex Teams*

A practical model for building alignment across functions without relying on hierarchy.

### *Scope Before Scale: Aligning Responsibility with Authority*

Defining role clarity early to prevent scope creep and performance strain.

## Selected Speaking & Media Appearances

- NEXT Global Virtual Conference Australia
- NEXT Global Virtual Conference London
- Wantrepreneur to Entrepreneur Podcast

# Biography

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Kat Rogers helps organizations rethink burnout, invisible labor, and sustainable performance.

She spent 18 years in high-pressure environments managing timelines, budgets, and cross-functional and international teams across 40+ projects. She later worked as a financial advisor, guiding clients through risk, strategy, and long-term planning.

Her work now sits at the intersection of emotional capacity and operational pressure. Kat works with leaders and teams to identify the hidden load inside high-performing environments – and to build systems that retain talent without sacrificing performance.

Through keynotes and workshops, she equips organizations with practical frameworks that increase clarity, accountability, and cultural resilience.



## Experience & Expertise

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**18 years experience in high-pressure environments**

**Managed 40+ cross-functional projects**

**SCRUM Master**

**Financial Advisor**

**Certified Knowledge Broker**

**International Conference Speaker**

## Session Formats

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**45-60 minute keynote**

**90-120 minute interactive workshop**

**Half-day leadership intensives**

**Custom executive or team sessions**

## Testimonies

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*“She’s one of those people who makes you instantly stand up straighter with confidence and motivation to start changing your world in positive ways.”*

*- Brian Lofrumento, Host,  
Wantrepreneur to Entrepreneur*

*“Kat changes the energy in any room that you put her in! ... Kat shares her expertise and knowledge on how to level up in business through business processes and changed lives. I highly recommend Kat for your next event!”*

*- Monica M. Henderson, NEXT  
Global Virtual Conference*