Kathryn Ford: Transformational Leader Empowering Women to Achieve Health, Wealth, and Purposeful Living



Kathryn Ford is the esteemed Founder and CEO of Excellence Institute, Inc. She is an Advisor, renowned, award-winning Celebrity Coach and Consultant, International Motivational Speaker, and Amazon #1 Best-Selling Author. Recognized as one of the “Top Female Entrepreneurs Disrupting the Business World” by Entrepreneur Magazine, she specializes in helping high-achieving women cultivate extraordinary health, wealth, and love. Kathryn’s work has been featured across major media platforms including ABC, NBC, CBS & CW, Maria Menounos, Rock’N Robin – Robin Roberts on ABC, Suzanne Somers, Perez Hilton, Hollywood Times, Eyes on Hollywood, Yahoo News & Finance, Authority Magazine, Wake Up With Marci, and Your Best Self TV.

Kathryn changes lives into beautiful works of art, guiding women through profound personal transformation. Her journey is one of resilience and reinvention, having triumphed over adversity to become a leading force in personal empowerment. She teaches that true wealth begins with optimal health, followed by meaningful relationships and financial abundance. Through her expertise in mindset mastery, quantum principles, and neuroscience, she has helped countless women break free from limitations and align with their highest potential. Her impact has earned her notable accolades, including the L.A. Business Journal “Woman of the Year” Nominee, Perez Hilton’s Who’s Who That You Need to Know, and the L.O.V.E. Award “Woman of the Year.”

At Excellence Institute, Inc., Kathryn has cultivated an elite women’s network—an exclusive community of accomplished individuals who aspire to live life on their terms. Her signature Meant for More system, a seven-step approach to achieving abundance, has transformed lives by equipping women with the tools to harness their inner power, sustain youthfulness, and create boundless prosperity. As a sought-after speaker, she has graced international stages, inspiring audiences to reclaim their dreams and elevate their lives.

Beyond personal development, Kathryn brings extensive corporate leadership experience. She has served as a Human Resources Executive at Target Corporation and Dayton Hudson Corporation, providing strategic guidance in employee relations, recruiting, compensation, and talent development. Her early career in luxury beauty and retail management refined her expertise in client experience, branding, and business growth.

Kathryn’s influence extends across television, radio, print, and digital media. Her academic credentials include studies at Harvard Medical School’s Coaching in Leadership and Health Care Program, Life Mastery Institute Certification, and a Bachelor of Science in Marketing and Economics from St. Cloud State University.

With a mission to help women design the life of their dreams, Kathryn Ford continues to shape the future of personal empowerment and luxury living. Through her coaching, speaking, and mentorship, she inspires women to embrace a life where success is limitless, joy is abundant, and every next chapter is more extraordinary than the last.

Character

Kathryn Ford is a resilient and influential leader who has transformed personal adversity into a mission of empowering high-achieving women to cultivate a life of health, wealth, and love.

Knowledge

With expertise in personal development, quantum principles, and business leadership, Kathryn integrates cutting-edge strategies to help women harness their inner power and achieve lasting success.

Strategic

Kathryn has developed a proven seven-step system that enables women to break free from limitations, align with their highest potential, and create abundant, fulfilling lives.

Communication

As an award-winning speaker, best-selling author, and media personality, Kathryn inspires and educates audiences worldwide with her powerful message of transformation and possibility.