

Q&A

LISTEN
LEARN
NETWORK
GROW



Kay Kuenker

Owner K2Kinetics, LLC
Indianapolis, Indiana

Q. What is the biggest lesson you have learnt in your career to date?

A. The lens through which we see situations is different than others given that our personal experiences shape and bias our individual perspectives. Therefore, it's vital to listen and see things from others' points of view.

Q. What advice do you have for young women starting in the industry today?

A. Be yourself, believe in yourself and recognize the above.

Q. How do you handle emails and social media?

A. Emails: 1) Get mentally comfortable that I cannot get to all of the emails. 2) work offline in the evening; synchronize in the morning. If I work online, others see you're on and the email responses continue to flow in. 3) Our PA department manages the social media!

Q. What is the one thing you do to bring balance to your life?

A. Making and keeping commitments to people and activities I love in life...because I will keep the commitments. If those things are only an intent (as opposed to a commitment), work will win out.

Q. What woman has inspired you and why?

A. I tried long and hard to answer this question... and realized that I had no female university professors nor any female bosses in my career. I've had numerous wonderful male leaders and mentors to whom I attribute much of my

professional and personal development.

As for a female who inspired me, it would be my mom... independent, intelligent, people savvy and gave me unwavering support and encouragement throughout her life.

Q. What is your routine when you wake up?

A. Read a devotion on ipad while still in bed, check overnight emails, drink glass of water, then a coffee, feed and walk my dog, work out. Get ready for work, grab breakfast, head to work.

Q. What is your go-to breakfast?

A. If at home, I make a shake (fresh frozen fruit, water & protein powder). If on the road, I take an Ideal Protein shake or find a spinach feta wrap at Starbucks.

Q. What is the most memorable or inspirational phrase you have ever heard?

A. "God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."

Q. What is your best stress reliever?

A. Depends on the time of day... outside of work, it's exercise. During the work day, it's taking a full minute to just breathe consciously.

Q. What is the biggest risk you've ever taken?

A. Relative to career, probably cross functional moves and expat assignments. But I don't really look at them as risks, rather as adventures to learn and experience new things.