



Karolien Denef

Director Analytical Resources Core

Colorado State University

Learning to Coach: A Toolkit to Empower Individual and Professional Growth

Coaching is an increasingly popular means to support personal and professional growth. Coaches tap into their curiosity to center the needs and goals of another person, asking thoughtful, open-ended questions that prompt self-reflection and discovery. This interactive session will introduce basic coaching techniques that administrators and facility directors and staff can implement in their different roles at their institutions and facilities – whether as colleagues, educators, researchers, or leaders. Participants will have opportunities to apply what they learn through case scenarios and experiential learning.

Speaker Bio

I am the Director of the Analytical Resources Core (ARC), a multi-disciplinary shared-use instrumentation facility at Colorado State University. ARC provides analytical services, training, technical support, and expert guidance to students and researchers across a wide range of applications, including molecular, materials, and surface analyses, metabolomics, proteomics, and electron microscopy.

Since 2012, I have led the operation and administration of several shared-use core facilities at CSU, with a strong focus on sustainable business planning and strategic development in research services, education, fundraising, and collaborative initiatives. I am deeply committed to enabling cutting-edge research through access to advanced instrumentation and the development of innovative analytical methods.

In addition to my role at CSU, I am a certified life coach, passionate about using coaching as a tool to cultivate individual growth, professional development, and team collaboration. I bring a coaching mindset to my leadership, fostering a culture of learning, purpose, and shared success.

