

# Kyra Cavanaugh

President and Founder, Life Meets Work

Kyra Cavanaugh is president of Life Meets Work, a consulting firm that helps organizations implement and improve workplace flexibility. She provides companies that are striving to be “best-in-class” with an online member-based community and services that include coaching, consulting, and training.

In 2011, Kyra received the Work-Life Rising Star Award from AWLP, recognizing outstanding contributions to the field. She is a nationally recognized speaker, regularly presenting to chambers of commerce, SHRM, women’s affinity groups, and others. Kyra’s expertise has made her a go-to media resource, and her opinions have been sought after by news organizations such as Crain’s, Chicago Tribune, Women’s Health, and WorkingMother.com.

Having herself worked nearly every way possible to find work/life balance (full-time, part-time, compressed work weeks, telecommuting, independent contracting, and a stint as a stay-at-home mom), Kyra made it her mission to help others find flexible work options. Her bottom-line orientation and practical approach drive the work she does with non-profits; business owners; human resource, diversity and work/life professionals; and the Women’s Bureau, U.S Department of Labor.

Before founding Life Meets Work in 2007, she spent almost 20 years in the consumer packaged goods industry. Working in many functional areas for companies like Quaker Oats, Keebler, Dominick’s Finer Foods, and Willard Bishop, Kyra drove innovation and change. She is a graduate of Aquinas College in Grand Rapids, Mich. with degrees in business administration, psychology and French.

