

Cristin Downs

Possibilitarian. Executive Coach, Producer & Theatrical Thinker

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We are already worthy. We deserve work that is both fulfilling and pays well, without toxicity and trauma. We deserve time with our families, flexible schedules, and rest.



Hey there! Meet Cristin Downs. Fierce, funny, and fired up, Cristin is a possibilitarian. Also an executive coach, a theatrical thinker, a producer, and a lot of formers – stage manager, production manager, operations manager, general manager, director, continuing/adult/corporate education professional (a multi-career pivoter)– who has worked more than 40+ jobs and led more teams in 2 decades than most people will in their entire lives. Cristin is the founder of Work & Worth where she helps compassionate leaders get a seat at the table or build their own. A tireless advocate for work separated from our inherent worth and identity, Cristin specializes in voice, values, vision, and visibility. She believes that we are each notable, just as we are, and we get free together.

Cristin has a combined social reach of over 20K and her podcast was featured on NPR's The Big Listen.

Expert topics

- Pivoting from "meaningful work" - higher education, nursing, non-profits, the arts, and more - to corporate work using your transferable skills
- Owning your unique power as a woman leader in the workplace
- Packaging your 9 to 5 workplace skills into your own consulting business
- Identifying how capitalistic conditioning keeps you stuck and unhappy in your work

Discussion ideas

- How the Great Resignation has changed our relationship to work - as seen in the quit rate, quiet quitting and massive labor movements - what we're willing to put up with, and what we want instead
- How to return to work after running your own business or being a caretaker/stay at home parent
- Telltale signs you've accidentally recreated your 9 to 5 job as a business and how you can make the next right decision for you



- "What comes across in these stories is Cristin's fierce talent in conceptualizing the episodes and finding the stories as it is a reflection of her interesting and engaging subjects." -FeygeleJ
- "Women are INCREDIBLE and have awesome stories, but don't always think they matter. Cristin helps women understand how NOTABLE they really are." -T. Bosler Writing