



# Marissa Q. Paine

Principal and CEO

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PAINEFREECONSULTING.COM

## MARISSA Q. PAINE, MSW

Marissa Q. Paine is the Principal and CEO of PaineFree Coaching & Consulting, a full-service leadership and organizational effectiveness company providing highly-customizable coaching, training, facilitation, organizational planning, and a full range of change and transition management services that build better leaders, stronger boards and teams, and healthier, more effective organizations.

A corporate executive turned social worker, Marissa specializes in start-ups and "start-overs", having successfully launched and led dozens of new, multi-stakeholder initiatives, culture transformations, and organizational turnarounds. Marissa and her team of compassionate, highly-skilled consultants utilize proprietary methodology and unmatched expertise to guide clients toward a truly PaineFree experience that yields tangible results. More than just a "doer", Marissa is passionate about increasing the leadership and management capacity of the individuals and organizations she encounters, so that they are stronger and more capable after working with her.

Marissa maintains an ever-evolving client list of nonprofit and for-profit organizations and a coaching roster of CEOs, senior executives, and emerging organizational leaders from diverse sectors. She is a sought-after speaker, trainer, and retreat facilitator known for her unique ability to engage her audience and present content in a way that is both enjoyable and usable. Marissa's consulting work in the areas of leadership, team, and organizational development has spanned organizations ranging from childcare to healthcare with budgets ranging from zero to \$200+ million.



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Marissa has a bachelor's degree in management from Webster University and a master's degree in social work administration from Washington University in St. Louis where she now serves as an adjunct faculty member in the Brown School of Social Work. She received her coaching credential through the School of Leadership at Duquesne University in Pittsburgh, Pennsylvania. In addition to her education, Marissa is a certified DiSC, True Colors, Kolbe, and Five Behaviors of a Cohesive Team facilitator. She holds additional certifications in governance training, facilitation, social and emotional intelligence, and change management. Marissa has also coached and trained leaders across the country and globe as a certified member of The John Maxwell Team.

Prior to starting PaineFree Coaching & Consulting, Marissa gleaned nearly twenty years of professional experience in diverse corporate, nonprofit, and education positions including managing the public relations account of a Fortune 200 company, serving as Executive Director of several health and human service organizations, and directing a federally-funded demonstration program providing grants, training, and technical assistance to more than 60 nonprofit organizations in the Greater St. Louis region. Under her leadership, The Haven of Grace, a homeless shelter and transitional housing program for young pregnant women, received the National Association of Social Workers Missouri Chapter's Agency of the Year Award and the Focus St. Louis What's Right with the Region Award.

When she is not working (which is rare), Marissa enjoys traveling, dining out, patronizing the performing arts, and relaxing near all things warm, beautiful, and majestic. Marissa is a woman of deep faith, quick to share her story of triumph over adversity with anyone who will listen. A proud wife and mother of three young adults, Marissa and her family currently reside in the Greater St. Louis region.