



# Aneta Ardelian Kuzma

Senior Leadership Development Consultant/ Executive Coach

## Contact

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@ akuzma@ratliffandcompany.com

📞 440-823-7422

🌐 [linkedin.com/in/anetaardeliankuzma/](https://www.linkedin.com/in/anetaardeliankuzma/)

## Education

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Master of Business Administration  
*Case Western Reserve University*

*CBA Executive Banking School*

Bachelor of Art  
*Miami University*

## Assessment & Certifications

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ICF Certified ACC Coach

Certified Executive Coach, MentorCoach

Certified Mentor Coach, MentorCoach

Integrative Nutrition Health Coach, Integrative Institute of Nutrition

Emotional Intelligence, Case Western Reserve University

Individual Directions Inventory Certified  
Prosci Change Management Certification  
Positive Intelligence

YWCA Momentum Leadership Program

Certified Yoga Instructor

Certified Meditation Instructor

Certified Somatic Breathwork Facilitator

Podcast Host

## Best Career Advice

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Do what is internally aligned versus externally defined.

# Ratliff

*rooted in people*

Aneta Ardelian Kuzma is a Senior Leadership Development Consultant and Executive Coach with Ratliff & Company's Leadership Development practice. After 25 years in the corporate world, she now provides executive, business, and wellness coaching to clients seeking transformational change.

As an Executive and Wellness Coach, Aneta is celebrated for her holistic approach, examining the leaders' personal and professional goals. Distinguished by her expertise in nervous system regulation and mindful leadership practices, Aneta empowers clients to overcome stress, imposter syndrome, and perfectionism. Her unique approach helps leaders redefine success, enhance their confidence and productivity, and design lives rich with purpose and passion. Known for her commitment to continuous growth—evident in her avid consumption of books and podcasts—Aneta excels in guiding professionals to structure their routines effectively, allowing them to maximize their available free time and live the width, not just the length, of their lives.

Before joining Ratliff, Aneta garnered 22 years of extensive experience with KeyBank, where she held various senior leadership positions, including Senior Vice President of Digital Acquisition & Portfolio Management. She's a certified ICF ACC Coach, Executive Coach, and Mentor Coach, as well as an Integrative Nutrition Health Coach. Aneta holds a BA from Miami University of Ohio and an MBA from the Weatherhead School of Management at Case Western Reserve University.

In her free time, Aneta enjoys quality time with her husband and two daughters, practicing yoga, cooking healthy meals, and exploring nature. She also loves reading and traveling. Aneta truly exemplifies her belief in the value of tackling challenges or confronting limiting beliefs daily—just ask her about the time she went skydiving in San Diego during one of her Business Mastermind Retreats!

## Civic Involvement

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*Catholic Charities USA*

Former Board Member, *YWCA Greater Cleveland*

Former Board Member, *Stairs*

Wellness Coach Volunteer, *Kinnect*