

Kyra Cavanaugh

President and Founder, Life Meets Work

Kyra Cavanaugh wants you to join the movement. As president and founder of Life Meets Work, Cavanaugh is a champion for flexible work styles. She knows flexible schedules are good for professionals and the companies that hire them. She created Life Meets Work to show you why and then help make flex – work for you.

Cavanaugh believes flexible work schedules are the solution to the tough economic climate and looming labor shortages. Companies who take advantage of flexible workers gain access to a larger, more skilled and better balanced pool of employees. They improve customer and employee loyalty, productivity, and profitability. Through Life Meets Work, Cavanaugh's goal is to make flexible work options more mainstream, and to garner more respect for those who choose them.

Cavanaugh worked her way into the flexible work movement starting with a career in consumer packaged goods. Through stints at major corporations like Quaker Oats, Dominick's Finer Foods, Keebler and more, Cavanaugh worked nearly every schedule available from full-time, part-time and compressed work weeks to telecommuting and consulting.

Frustrated by the lack of meaningful opportunities for part-time, flex-time, and project-based workers, Cavanaugh made fostering flexible work her new calling. She's built a flex work consultancy complete with job placement services and an online community of job hunters, employers and information seekers who understand that work/life balance is the ultimate key to productivity.

Mother to three school-age boys, Cavanaugh knows more than a thing or two about juggling priorities. Her youngest has commented that reading her Blackberry while driving is not in the family's best interest — proving that even flex work champions need to take a step back once in a while.

Cavanaugh is a graduate of Aquinas College in Grand Rapids, Mich. with degrees in business administration, psychology and French. Her professional expertise lies in strategic planning, project management, marketing and sales.

