

Author Provenance: Kathryn Henry

Kathryn Henry is a writer, spiritual seeker, and accomplished business leader whose life has been shaped by both professional achievement and profound personal transformation. She currently serves as an independent director on the Board of Directors at lululemon athletica, a position she has held since 2016. In this role, she contributes her expertise to the Audit and Compensation Committees, focusing on technology, operations, cyber security, people development, and social impact/ESG.

Her debut memoir, *A Dime to Say I Love You*, is an unflinching account of heartbreak, abuse, and grief—and the transformative journey into hope, compassion, and spiritual awakening that follows. Drawing on meditation, mindfulness, and wisdom from diverse traditions including Buddhism, Zen, and Hindu philosophy, Henry's work resonates with those seeking meaning beyond the visible world. Her writing blends raw personal storytelling with spiritual reflection, offering practical tools for healing and self-realization.

Beyond her corporate and literary pursuits, Kathryn is a mentor, advisor, and advocate for women in leadership and venture capital. She resides in California, where she continues her journey of self-discovery, spiritual practice, and connection with nature.