



Kristin Granillo

Head of Program Operations & Coach Paragon Performance Evolution

Kristin Granillo is a lifelong learner in what helps individuals feel and perform at their best—especially in high-pressure leadership roles. After personally navigating burnout and chronic overwhelm earlier in her career, she became deeply passionate about understanding what actually works to support sustainable performance. Kristin tests tools, practices, and science-backed strategies on herself first, bringing real-world insight and credibility to the individuals and teams she supports.

With over a decade of experience in holistic health, mindfulness, fitness, and human performance, Kristin brings a grounded, integrative approach to leadership and well-being. She is a HeartMath® Certified Practitioner, integrative health coach, certified nutrition specialist, and personal trainer. Her work blends physiology, mindset, and practical application to help people step out of survival mode and lead with greater clarity, confidence, and connection.