

Mary Abbajay, author of the best-selling *Managing Up: How to Move Up, Win at Work, and Succeed with Any Type of Boss*, is the president of Careerstone Group, LLC, a full service organizational and leadership development consultancy that delivers leading-edge talent and organizational development solutions to business and government.

As an entrepreneur, consultant, and trainer, she draws from over 20 years of experience helping organizations and individuals create dynamic careers and positive work environments that enable both the organization and the individual to flourish in the 21st century.

Mary is particularly passionate about giving people who are in early-and mid-career practical, pragmatic and proven approaches to career success. She holds a master's degree in organizational management and post-graduate certificates from Georgetown University and the Coaches Training Institute.