

Anika Klix, MA ORGL & HRM | HR Professional AND MBSR Certified



"It is imperative for leaders today to develop a daily mindfulness practice, in fact, be mindful in everything that you do. Equally important for leaders is to be kind."

-2022 CLU Commencement Speech

Anika Klix is Human Resources professional with a passion for leadership. She holds two master's degrees, one in Organizational Leadership from Gonzaga University and one in Human Resource Management from Claremont Lincoln University. She completed her undergraduate degree in Sociology from Washington State University. Anika also has certificates in Servant Leadership, Equity, Diversity, & Inclusion, International Business, and Mindfulness-based Stress Reduction (MBSR).

Anika is an HR Manager with the City of Seattle's Human Services department where she is developing a professional growth and development program and leading recruitment outreach. In her previous role with the Port of Seattle, she worked as a Total Rewards Consultant managing voluntary benefit programs and the employee recognition program. One of her proudest accomplishments was spearheading a Mindfulness at Work program where she co-facilitated daily meditation practice every morning with colleagues from around the organization. Prior to working at the Port, Anika helped international students gain college admission and provided academic counseling at North Seattle Community College and was the staff advisor to the International Organization, a student-government club for leadership development.

Anika believes that, *"organizations can create a culture of kindness and increase emotional intelligence of their leaders through practicing mindfulness every day. Through mindfulness training, effective employee recognition, and employee-led initiatives that focus on kind and mindful leadership, employees will begin to feel more engaged, valued, and supported"* (2022 CLU Commencement Speech).