

Mary E. Abbajay

President & Founder, Careerstone Group, LLC



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 a sought-after author, speaker, consultant, and trainer, Abbajay helps clients develop the strategies, skills, and sensibilities needed for success in the 21st century. Her expertise lies in helping clients create dynamic and productive workplaces that foster professional and personal excellence and growth. In short, she is committed to creating workplaces where both the organization and the individual can flourish.

Mary Abbajay brings over 20 years of leadership experience, a master's degree in organizational management, and post-graduate certificates from Georgetown University and the Coaches Training Institute. In addition to being an entrepreneur and consultant, Abbajay has served as adjunct faculty at George Mason University's School of Management and has taught at both Montgomery College and the Georgetown University Center for Professional Development.

Abbajay is a frequent expert contributor for television, radio, and print publications where she provides practical leadership and career advice. In addition to her role as a Forbes.com contributor, her work and advice have appeared in the *New York Times*, *Harvard Business Review*, *Fast Company*, *Forbes*, *The Financial Times*, *Money*, *Southwest Airlines Magazine*, *Monster*, and the BBC.

Abbajay currently serves on the Greater Washington Market President's Board of BB&T Bank and is a past chairman of the board for Leadership Greater Washington where she has chaired and led the adult Signature program, the Youth Leadership Program, and the Rising Leaders Program. She was a volunteer mentor for Mentor's Inc., an urban youth mentoring program, and served for six years on the Board of Directors of the Woolly Mammoth Theatre in Washington, D.C. Additionally, Abbajay was the co-owner of the Toledo Lounge and Crush Nightclub in Adams Morgan.

In 2010, Abbajay was named as one of *Washington Business Journal's* Women Who Mean Business and was a *Smart CEO* Brava Award recipient in 2017.