

Mary E. Abbajay

President & Founder, Careerstone Group, LLC



Mary Abbajay is an acclaimed and sought after public speaker, organizational consultant, facilitator, trainer, and author. She is the president and founder of Careerstone Group, LLC, a professional development consultancy that delivers leading-edge talent and organizational development solutions.

As a consultant, speaker, facilitator, 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.

Abbajay brings 20 years of experience in leadership positions, 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.

Her experience and business savvy has led her to serve as a frequent expert contributor for television, radio, and print publications in the greater Washington, D.C. area. She is the host of "Women Talk" and a regular contributor on "The Working Life," two iHeart Media radio shows broadcast in the Washington, D.C. area. She is a regular guest expert on News Channel 8's "Let's Talk Live" and "News Talk with Bruce DePuyt," where she provides practical leadership and career advice. Abbajay is the author of *Managing Up*, due to be released by John Wiley & Sons publishing in spring 2018.

Abbajay currently serves on the Market President's Board of BB&T Bank and is the Immediate Past Chairman of the Board for Leadership Greater Washington where she also 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, the *Washington Business Journal* named Abbajay as one of the year's "Women Who Mean Business."



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