



# Kristen Brown

## CHARGED LEADERSHIP

### FUN FACTS

- **KRISTEN IS AN ENERGETIC STAGE AND VIRTUAL DYNAMO!** She is a top 20 industry trailblazer for Meetings Today magazine, has taken comedy classes, and works with world-class coaches to hone her craft.
- **KRISTEN PUTS YOUR GROUP FIRST.** She makes your audience the star of the show by using Powershots that drive action in the next two weeks! Plus she interacts before and after her session via video and social.
- **KRISTEN TOTALLY GETS CHALLENGES!** She spent 15 years in corporate leadership roles working worldwide with Fortune 500s to start-ups across industries. Plus she's a widowed mom. She gets it! Resilience++
- **KRISTEN HAS UNIQUE PERSPECTIVES.** She has a Master's in Integral Theory, owns a wellness studio (namaSync), has work/life certifications in holistic coaching and energy work, and is a 500-RYT yoga therapist.

Super Cool  
Clients!



### MOST POPULAR PROGRAMS

- ⇒ **Charged Leadership** - Energize your reputation, influence, and impact.
- ⇒ **The Happy Hour Effect** - Minimize stress to maximize work-life success.
- ⇒ **The namaSync® Method** - Unlock your best self for work/life growth.
- ⇒ **Renew-Reconnect-Recharge** - Tap into your best assets for success.



## Bio and Program Options

**Full Bio:** Kristen Brown powers up your leadership and life as an international keynote speaker and bestselling author who drives growth at organizations like Rodan & Fields, General Mills, Boston Scientific, Cargill, Minnesota Vikings, EcoLab, national associations, and many more.

Named a top 20 trailblazer in the industry by Meetings Today Magazine, she uses her Master's education and 15-years of corporate leadership and sales experience working with some of the world's biggest brands to bring researched insights and actionable results to the audiences she serves.

Her certifications and teacher training in Holistic Health, Yoga, and healing modalities also allow her to translate soft skills into solid results for her speaking, consulting, and coaching clients. Plus her personal experiences as a widowed mom add a depth of perspective to her work helping leaders maintain momentum and resilience during change and stress.

Kristen has been featured in the national media sharing insights from her bestselling books and research including Live with Kelly, Forbes, CNN, Working Mother, Psychology Today, and many more.

Kristen's biggest faults - she's occasionally a know-it-all and sometimes a bit of a workaholic. Her biggest loves - movies, summer, bacon, reading, naps, her dog, Boone, and most of all, her daughter, Brooke.

Learn more at: [www.KristenBrownPresents.com](http://www.KristenBrownPresents.com)

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### Event Options:

**Event Emcee:** Take your event from ho-hum to super-fun and actionable by using a professional speaker who can engage and entertain the crowd, summarize each presenter, encourage action steps, and create a consistent energy throughout the event. Kristen's expertise as a speaker, stand-up comedian, and adult learning and training expert give her the goods to take your event to the next level of awesome!

**Audience Wellness:** When your audience feels physically-well they will be much more likely to absorb what they learn, engage with new ideas with an open mind, and have the mental capacity to strategically think about how they will take action on what they learn. As a certified holistic health coach, 200-hr yoga teacher, and energy mastery expert, Kristen can bring your audience proven ways to feel good through things like gentle stretching from so much sitting and walking around a large venue, toe-ga (yoga for sore feet), hydration and fuel-up stations, and more.

**Social Media Takeovers:** Engage attendees, sponsors, and educators through fun interviews, photo ops, and videos taken throughout the event and shared to social media. This brings awareness to the event to boost attendance for following years and adds a fresh energy for attendees in the building or who can't make it every day. Kristen is a social media guru and can create fun, entertaining, and educational content for your event too!

**Product Add-Ons:** Enhance your attendees' engagement with books, eBooks, and materials that complement their learning. Titles include Energy NOW!, The Daily Rise, The Happy Hour Effect, The Work Life Balance Myth, and more.



# Kristen's Most Popular Programs

- ⇒ *We will customize title and content based on your audience demographics, event theme, goals, and audience needs.*
- ⇒ *Programs can include pre-event welcome video, post-event wrap-up video, bonus e-book, and bonus breakout sessions depending on your budget and event goals.*

## Renew-Reconnect-Recharge: Super Strategies For Your Best You Ever!

Let's restore your energy and get charged up! You are awesome! Yah YOU! You are a superstar, a hero, a total rockstar who has navigated so much as the new realities of work and life have created massive change and challenge. Now let's use what we've learned and take extra care of YOU so you can charge ahead with power and positivity! During this session you will unblock your best self with easy and powerful ideas to renew your engagement, reconnect with your tribe, and recharge your body and mind for success at work and at home.

### Key Takeaways:

1. **RENEW:** You will elevate your confidence and resilience by uncovering what tasks and traits fire you up, bring out the best in you, and elevate those around you.
2. **RECONNECT:** You will identify the positive people in your work and life to guide and drive your goals while releasing the energy drainers.
3. **RECHARGE:** You will engage in actionable energizers you can use on-the-fly to help you relax, charge you up, and manage stress when you need it most.

## The namaSync® Method: Holistic Strategies to Unblock Your Best Self!

Use the eight pillars of The namaSync® Method for high-performance, energy, and growth! You will visualize what you want your work and life to look and feel like so you can get grounded in what has to happen NOW to create momentum. You will dig into how the body and mind are activated by specific activities that can increase your chances of success, improve your health and attitude, and empower you to unblock your best self. You will get action steps, accountability, and your personalized plan using proven strategies for work/life growth. The eight pillars of The namaSync® Method are: NOW Mentality, Assessment, Momentum Mindset, Alignment, Stress Management, Yoga, Nature, and Cellular Health.

### Key Takeaways:

1. **Now Mentality, Assessment, and Momentum Mindset:** You will get clear on what you want to accomplish both personally and professionally through visualization, hard data, and intuitive insights. You will then determine what mindsets need to be unblocked to stay on track and make your goals happen.
2. **Alignment:** At the heart of The namaSync® Method is Alignment. You will learn about the seven key Energy Centers: Motivation, Creativity, Confidence, Relationships, Communication, Strategy, and Vision. You will then identify which are blocked or mis-aligned so you can create more flow, focus, and work/life harmony.
3. **Stress Management, Yoga, Nature, and Cellular Health:** Once you have activated the right mindsets and alignment you can skyrocket your energy, engagement, mood, and resilience throughout the year with your personalized Sync Strategy. These are proven modalities that keep you in the high-performance zone, nurture your health, and power up your body, mind, and spirit for growth.

## Charged Leadership: Everyday Energizers to Elevate Your Work and Life!

In today's ever-changing world it's important to keep your energy focused where it's needed most without draining the other areas of your life. In this session you will learn about the seven key energy centers that drive your impact and influence at work and at home: Motivation, Creativity, Confidence, Relationships, Communication, Strategy, and Vision. When you charge up each area so they work together you will make better decisions, manage your time more effectively, have more impact on your colleagues and clients, and feel healthier and happier when juggling all your day-to-day tasks. Don't miss this opportunity to create your personalized plan to keep your Energy Grid charged up!

### Key Takeaways:

1. Evaluate your Energy Grid to pinpoint where you have opportunities to charge up and/or reset.
2. Learn ways to keep your seven energy centers powered up so you show up as your best.
3. Discuss how you can use what you learn with your team so everyone stays charged up!

# Why Kristen?

**POWER LEADERSHIP   DRIVE PERFORMANCE**  
**ENERGIZE   WELLNESS   SKYROCKET SALES**

We customize your program to fit your theme, audience, and budget to create a message that your audience loves and uses far beyond the event. Options:

- Keynotes
- Breakouts
- Books/eBooks
- Emcee/Panel Facilitation
- Yoga/Energy Sessions
- Retreats/Masterminds
- Audience Wellness Consulting
- Event Success Research
- Social Media Takeovers

## PLUS...

Tap into Kristen's pre- and post-event Energy Shots to drive the message and ideas forward. Skyrocket your group's engagement and impact on bottom-line and personal growth NOW and into the future.

*Kristen is a full-time, highly-experienced, professional speaker who has credentials and testimonials backing her work. Due to this she is not an unpaid speaker and believes in equitable pay for value and time provided. Programs range from \$5,000-25,000 and may be less or more depending on elements included.*



Let's  
Talk!

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Check out videos, clients, testimonials, media, the *Energy NOW!* podcast and more at:

**KristenBrownPresents.com**