

KRISTEN BROWN

STAGE INTRODUCTION

Work and life can be busy and stressful and pull your energy from what matters most - but what if you could leave here today with ideas to re-charge your engagement with your daily tasks and rev up your excitement for your big goals even when you're stressed or burnt out?

You're in luck because Kristen Brown is here!

She's an energy mastery expert and bestselling author who partners with organizations, individuals, and associations around the world. She gives tips on TV, radio, and print to CBS, ABC, Psychology Today, Forbes, and many more.

Her biggest faults - she's an occasional know-it-all and frequent wine-o. Her favorite things - movies, boating, naps, her dog, and her daughter, Brooke.

Now...let's get charged up with Kristen Brown!