

A close-up portrait of a woman with long dark hair and bangs, smiling warmly at the camera. She is wearing a red top with a black leopard print pattern and a gold chain necklace. The background is a blurred indoor setting.

# KRISTEN BROWN

CSP

**Mindset.  
Energy.  
Results.**

**Energizing Keynote Speaker  
and Strategic Emcee!**

[KristenBrownPresents.com](http://KristenBrownPresents.com)



# What if you and your people could 2x, 10x, or even 100x your results?

My PROVEN and RESEARCHED 7 Energies framework drives the energy effect you have on your goals and mindset and on the people and situations you interact with every day.

*This ENERGY EFFECT isn't a soft skill.*

It drives BREAKTHROUGH thinking and solid RESULTS!



## Why Kristen?

I'm not your typical talking head keynoter! I deliver INTERACTIVE, RESEARCHED, and FUN keynotes that turn on and turn up your seven ENERGIES right there in the room. Then I give you simple action steps for after you leave to drive your FLOW, MOMENTUM, and RESULTS even during change, stress, or stuckness.

As you dig deep into your mindset, habits, and goals during my engaging and gamified programs, you will get unstuck, feel excited, and leave empowered to **UNLEASH YOUR ENERGY EFFECT!**



# Hello...

I'm Kristen and I know the  
**POWER OF ENERGY...**

Not just because I'm a big research junkie with SIX degrees and certifications on business, energy, and holistic wellness. I'm also a 15-year corporate leader in sales and marketing who has worked with the biggest brands on the planet and a 16-year business owner working with diverse clients across industries.

I'm a Certified Speaking Professional...  
**ONE OF ONLY 400 IN THE WORLD!**

Plus I'm a podcast host, bestselling author of four books (5th forthcoming), national media contributor, long-time widowed mom (resilience+), and avid researcher who knows that your mindset drives results...and your mindset is driven by your 7 **ENERGIES!**

**ENERGY IS EVERYTHING!**



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Boston  
Scientific



BlueCross.  
BlueShield.



Medtronic



LUNDS & BYERLYS



KRISTEN BROWN

# Raves!

Read and watch more testimonials at [KristenBrownPresents.com](http://KristenBrownPresents.com)

"We **crushed a previous record** for the single highest sales day last week. We were able to crush it by 10% over the previous record with less than 40% of the staff. I believe **your session was instrumental** in giving the team the boost they needed." ~Director of Sales

"Our attendees left with **practical points** they can apply to their companies."  
~Franchise CEO

"Survey **results listed you as their favorite part...** the event would have been missing a huge piece and a ton of energy without you!"  
~Group President

"Excellent speaker and by far my **favorite workshop ever!**"  
~Attendee



Lisa Dion is with Heather McGilvray and 18 others.

September 12, 2018 · 🌐

Moments that matter: No me without you!

Awesome Day 1: Leadership Summit  
Rodan + Fields convention 2018

Tomorrow Mel Robbins and Rachel Hollis and two of my personal favorites  
Kristen Brown and Kindra Hall!!

#rfconvention #grateful #curious #deliver #moments

"You really helped to **wake the crowd up** and I know they were encouraged and inspired to **open their minds and implement new ideas** in their business plans this year." ~Executive Director

"It was a pleasure and right decision to have Kristen speak at our sales conference. Her **energy, content and engagement** with the attendees was fantastic." ~SVP of Sales

"Having speakers like you really **makes our jobs as convention hosts easy.**" ~Meeting Planner

Hi Kristen - I had the opportunity to be a part of your program this afternoon and wanted to shoot you a quick note to say thank you.

I've been to countless kick offs, summits, enablements, etc... and I found the hour with you more genuine, helpful, and practical than any other I've participated in.

I admire your approach, your tenacity and humor. I can tell you that other colleagues of mine felt the same way. I took away a lot from the hour and look forward to applying it in my every day life.

Thanks again and I wish you nothing but continued success!

Sincerely,  
Andrew Watt  
SportsEngine, An NBC Company

# Say hello to *The Energy Phoenix*!

I'm called this because I always RISE UP and move forward after challenges. As a longtime widowed mom, caregiver, and business owner, my *deep resilience* and *radical accountability* drive my momentum and success both back in my corporate days and today as a thriving entrepreneur. I use my experiences to inspire audiences to rise up and get real results in their work and life too!

## SOME FUN FACTS...

- I am **1 of only 400 Certified Speaking Professionals** in the WORLD!
- I'm a *bestselling author, media contributor, and show host* on business and personal growth. I've been a guest on over **500 media outlets** including CNN, Inc., NBC, ABC, Live with Kelly, HLN, BBC, Fox, Psychology Today, Working Mother, and more.
- I host ***The Energy Effect with Kristen***, weekly podcast and LinkedIn Live shows.
- I've received many accolades and awards and I have **six degrees and certifications**.
- I love reading, movies, naps, summer, bacon, wine, travel, my black Lab, Boone, and most of all, my teen daughter, Brooke.





Watch Videos at:  
[KristenBrownPresents.com](https://KristenBrownPresents.com)



## **Top 5 Reasons Audiences Love Kristen**

**1**

**HIGH-ENERGY INTERACTIVITY**  
That Keeps Audiences Engaged

**2**

**FUNNY** and **FUN** Presence That  
Brings a Smile to Your Face

**3**

**ACTIONABLE** and **EASY** Ideas  
to Implement Right Away

**4**

**RESEARCHED** and **RELEVANT**  
Programs For Each Group

**5**

**REAL** and **AUTHENTIC** Stories  
Inspire Minds and Hearts



MAINTAIN MOMENTUM  
DRIVE GROWTH

# Topic One SALES ON FIRE

Turn Rejection Into  
Connection and  
Energize Your Sales  
Strategy For Big Wins

## PERFECT FOR:

- **Sales professionals** who desire to deepen client connections.
- **Sales leaders** who want fresh ideas to drive their selling process.
- **Executives** who sell themselves and their ideas to stakeholders.

In the high-stakes world of sales, success goes far beyond product knowledge. It's about building **TRUST**, navigating complex **RELATIONSHIPS**, and driving **RESULTS** with **CONFIDENCE**. *Sales on Fire* is a dynamic keynote experience that introduces the 7 Energies Framework, empowering sales professionals to transform their approach and maximize their impact.

Through engaging stories, actionable insights, and tailored strategies, attendees will discover how **Vision, Strategy, Communication, Relationships, Confidence, Creativity, and Motivation** shape every interaction and decision in the sales process. By mastering these energies, sales teams will enhance their ability to connect with clients, overcome objections, and consistently achieve their goals.

## KEY TAKEAWAYS:

- The 7 Energies of Results customized roadmap to **ELEVATE THE SALES PROCESS**.
- Proven techniques to **ESTABLISH TRUST** and forge **AUTHENTIC RELATIONSHIPS**.
- Confidence-boosting strategies to **OVERCOME OBJECTIONS** and **CLOSE DEALS**.
- Creative approaches to **SOLVE CUSTOMER CHALLENGES** and **DELIVER VALUE**.
- Resilience boosters to **NAVIGATE REJECTION** and **SUSTAIN MOTIVATION**.

Tailored specifically for elite sales conferences, *Sales On Fire* will motivate your team to elevate their performance, drive meaningful connections, and deliver exceptional results.

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## Topic Two

# THE ENERGY EFFECT

**WHAT IF** you could *ignite* goals, *strengthen* connections, and empower a *high-energy* workplace...all while feeling more engaged and excited amidst busy-ness and change?

**The Energy Effect** is your competitive edge! Why? Because your energy fuels everything... your **MINDSET**, **TEAM**, and **RESULTS**.

The 7 Energies Framework of **Vision, Strategy, Communication, Relationships, Confidence, Creativity, and Motivation** empowers you to lead with impact, embrace positivity, and drive action.

This *high-energy, interactive* experience will have you **laughing, connecting**, and walking away with **actionable strategies** to supercharge your mindset and performance. Get ready for new insights and radical accountability.

**The Energy Effect amplifies results across your workplace and life.**

Unlock the 7 Energies to  
Elevate Engagement, Energize  
Your Workplace, and Drive  
Breakthrough Results

## PERFECT FOR:

- Opening Keynotes
- Leadership Conferences
- Sales Conventions
- Company Kickoffs
- Association Events
- Membership Groups
- Team Meetings
- Board Retreats



Topic Three

## SIGNATURE ENERGY UNLEASHED

Build a Magnetic  
Presence to Attract  
Opportunities and  
Amplify Your Reputation

### PERFECT FOR:

- Business Owner Events
- Leadership Conferences
- Sales Kickoffs
- Company Meetings
- Association Conferences
- Marketing Events
- Entrepreneur Groups

Are you powerfully, magnetically, and effortlessly *drawing in opportunities* and *elevating your reputation*?

**Your Signature Energy** is a powerful trifecta of your EXPERTISE, PASSION, and IMPACT. It's the key to standing out and having **real impact** on people, in your industry, and out in the world.

In this interactive session you will unlock your unique Signature Energy to **build trust, enhance influence, and create powerful connections** that fuel GROWTH.

Whether you're elevating your personal brand to become a thought leader or helping your team drive organizational impact, you'll leave with ACTIONABLE STRATEGIES to **attract the right people, opportunities, and results with ease.**

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## STRATEGIC EMCEE

Create a fun, consistent, and actionable event that creates a curated narrative tied to your event and audience dynamics.

*"As an emcee, Kristen Brown always brings to the stage POSITIVE AND ENERGETIC VIBES. During our Annual Event, she was able to read our group which SET THE TONE for the entire event that day. She started the day off by warming up our crowd to prepare them for the day's program, she was able to transition smoothly between each segment and she always kept us on schedule. She was a fantastic emcee and OUR GROUP LOVED HER."*

*~Executive Director for  
Chamber of Commerce*

### HERE'S A HARD TRUTH...

Most emcees FAIL to engage.

This leaves audiences and sponsors disconnected, attendees bored, and **events that fall flat**. YIKES! This damages the attendee experience, diminishes the event's impact, and hurts future attendance.

That's where Kristen, your **ENERGETIC and STRATEGIC EMCEE**, steps in to elevate your event from **average to amazing!**

By hiring Kristen as your emcee, you free up your team to focus on networking and logistics, while she works on stage AND behind-the-scenes to create a **CURATED NARRATIVE and ELEVATED EXPERIENCE**. This ensures everything ties to your **event, sponsor, and audience goals**.

Kristen's unique ability to bring energy, relevance, and cohesion keeps attendees captivated, laughing, and learning. She ensures everyone leaves ready to **TAKE ACTION** while creating a **MEMORABLE EVENT EXPERIENCE** that **resonates long after it's over!**

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# Audience Extras!

In addition to my high-energy speaking programs, you can add extra **EVENT ENERGIZERS** to create a more powerful and engaging attendee experience.

These pre-, during-, and post-event extras **drive attendee accountability and implementation, increase event registrations, elevate industry buzz, enhance social media activity, stimulate sponsor spend, and encourage repeat attendance.**

- Strategic Emceeing
- Panel Facilitation
- Motivational Notes
- Monthly Trainings
- Annual Programs
- Team Retreats
- Masterclasses
- Leader Roundtables
- Board Retreats
- Wellness Sessions
- Merchandise
- Assessments

- Podcast Guest/Host
- Newsletter Articles
- White Papers
- Live Webinars
- Event Promotion
- Media Interviews
- Sponsor Elevation
- Spokesperson
- Books/eBooks
- Book Club Guide
- Workbooks
- Coaching





# 7 ENERGIES ASSESSMENT

Discover where your  
energies are blocked,  
neutral, or flowing.

Include my proprietary **assessment** to help attendees identify which of their seven energies are **driving or blocking results**. They will more deeply apply what they learn and take action on the right things. Add a **custom organizational analysis** to see how your team is performing!



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