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Bio:

Kristen Peairs, MS, empowers entrepreneurs to move from uncertainty to confident clarity. Whether the struggle is a challenging relationship or a stalled project, Kristen helps illuminate an aligned path forward. Through storytelling and compassionate humor, she demonstrates how complex problems can be unraveled one thread at a time.

She is the author of *Standing in the Question*, a problem-resolving process that helps entrepreneurs identify their unique path to a solution. With a background as a Transformational Coach, Registered Dietitian, and Mindfulness Facilitator, Kristen has spent 20 years helping countless people break through frustration, achieve greater satisfaction, and create meaningful success in both their personal and professional lives.

She has a Master's degree in Nutrition from Bastyr University and a Bachelors degree in Hospitality Management from Drexel University. Her coaching certification is through the International Coaching Federation. She has completed hundreds of hours of study in non-violent communication, emotional intelligence, spirituality, and positive intelligence.