

Kristen Peairs

Workshop Facilitator | Coach | Motivational Speaker

Kristen Peairs helps entrepreneurs and professionals expand perspective, tap into inspired flow, and thrive in their lives and work.



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.



Kristen is the author of the *Standing in the Question Navigational Tool*. You can find it at StandingInTheQuestion.com

"Kristen really brought everyone in the group together!"

After a full day of listening to speakers at our retreat, Kristen's guidance helped us dig into what each of us wanted to take home and bring into our life. Our conversations deepened. My group and I really came together."

- Angel Hicks, Founder of Evolve Women's Network

"Fresh and Innovative!"

Kristen's programs are some of the most fresh and innovative ways I've found to get out of my head into a much sweeter relationship with life."

- Fran Watson, Founder of Bigger Life Now

Past Speaking Engagements...

Evolve Women's Network
Centers For Spiritual Living
Sisterhood Supperclub
ICF Columbus
Ecstatic Dance Columbus

3 Reasons to Hire Kristen...

- Customized to your needs
- Engaging and Interactive
- Easy to Work With



Keys to Getting Unstuck:

Three Powerful Skills for Unlocking Clarity and Moving Forward with Confidence

Got a tricky business challenge leaving you stuck and asking "Where do I go from here?"

Join this interactive workshop to get out of your head and into inspired action!

Using a proven, fun process, we'll identify where you're stuck, spark your creativity, and map a clear path forward—no matter the problem. Whether it's strategy, growth, or something new, you'll gain the tools to make confident decisions that only you can make. Get ready to step into inspired flow and take your business to the next level!

You'll Discover:

- 3 simple steps to getting unstuck - imagine the RELIEF of finally having answers
- How to identify the best option for you - so you can feel confident and ready to go!
- The secret to getting out of your head about your most pressing problem...
so you can focus on other things!

This workshop is for you if...

- You feel stuck in your life or business due to a complex challenge
- You're feeling overwhelmed when it comes choosing the best option to solve your problem
- You are looking for clarity on your next steps

Workshop Details:

Duration: 1-3 hours depending on group size

Investment: Customized to groups size and goals

Contact Information:

Kristen Peairs

Hello@KristenPeairs.com

"Shifted my Marketing Mindset!"

"Kristen Peairs gives many the language and permission they need to break free from drudgery and procrastination, and to approach the work of living with the joyful anticipation each new adventure deserves. Kristen's Keys to Getting Unstuck are delightful and essential. Through using the process myself, my mindset around marketing my book shifted from feeling like work to feeling fun and easy."

-Sara Awad, Author of You Can Talk to God

"Unstuck and Moving Forward"

"Kristen's approach to helping people get unstuck is unique, fun, playful and immensely helpful! I found that the tools that Kristen shared inspired me to see beyond the problem that was making me feel stuck (and frankly, a little hopeless). Her use of cute drawings helped me bypass my adult brain, tap into my playful inner child and opened a doorway into my heart. I discovered that by asking the right questions, I could clearly see the path to the experiences that I desired."

-Cassie D'Aula, Life Coach