

# Kristen Race, Ph.D.

**World-Renowned Mindfulness Expert; 2x TEDx Speaker; Host of the Train Your Brain Radio Show**

Please contact a GDA agent for information.

## Topics

- Family / Relationships
- Mental Health / Psychology
- Mindfulness
- Stress Management
- TED-Talks
- Work-life Balance

## About Kristen Race, Ph.D.

Dr. Race is a bestselling author, founder of [Mindful Life™](#), a two-time TEDx Speaker, and host of the [Train Your Brain](#) radio show. A world-renowned expert in the field of mindfulness, Kristen's programs and services are rooted in neuroscience and designed to build resilience to modern-day stress and create a mindset that helps us live our lives better!

Kristen's work focuses on making mindfulness practices accessible and easily incorporated into our daily lives. Instead of chasing the elusive goal of work/life balance, she creates simple exercises to bring balance to our brains. Her work has been featured in The New York Times, NPR, The Washington Post, Chicago Tribune, USA TODAY, CNN, and Real Simple Magazine. She has trained over 50,000 leaders in her methods worldwide.



## Select Keynotes

### • **Gain Your Edge by Building Resilience: A Presentation for Working Women**

By gaining an understanding of the brain science, and incorporating simple, easy to implement mindfulness solutions Kristen will guide your audience to build maximum resilience in order to excel in all aspect of their lives.

- ◊ Customized to fit the needs of your organization
- ◊ Includes a robust Q&A
- ◊ This presentation has also been adapted for **Conference Keynotes and Leadership Teams**

### • **Balance Your Brain to Balance Your Life: A Presentation for Businesses**

Kristen explores the neurology of stress to deliver simple mindfulness solutions to strengthen our internal capacities, rather than rely on external structures, to build resilience, increase happiness, and create a sense of balance in our lives.

- ◊ Customized to fit the needs of your organization
- ◊ Includes a robust Q&A
- ◊ This presentation has also been adapted for **Working Parents, Working Moms, Parent Groups, Conference Keynotes**

### • **From Surviving to Thriving: A Presentation for Families and School Communities**

Acknowledging the stress epidemic in our brains, Kristen flips the switch to have us focus on the positive neurons in our brain. She incorporates simple mindfulness strategies into things we already do within the context of our existing day in order to thrive, rather than simply survive.

- ◊ Customized to fit the needs of your organization
- ◊ Includes a robust Q&A
- ◊ This presentation has also been adapted for **Businesses, Working Parents, Working Moms, Conference Keynotes**

- **The Mindful Leader: A Workshop for Leadership**

As leaders, you so often neglect the one individual that has the most impact on your organization's culture: YOU. Kristen focuses on the neurology of stress to remind your leaders how important it is to focus on themselves first – the way they communicate, the expectations they articulate, the reactions they model, the work they get done, the trust they build. Through this focus, cultural shifts and lasting change occurs.

- ◊ Customized to fit the needs of your organization
- ◊ Includes a robust Q&A
- ◊ Includes interactive experiences

- **Ready to Learn: A Presentation for Faculty**

Introducing teachers to simple mindfulness skills, Kristen demonstrates the science behind her work, and how to use newfound strategies to help kids improve attention, impulse control, problem-solving and forward thinking, all the while making the teacher's job much easier.

- ◊ Customized to fit the needs of your organization
- ◊ Includes a robust Q&A
- ◊ Includes solutions for the classroom and for use in the teacher's lives outside of school

- **The Mindful Medical Professional: A Presentation for Doctors, Nurses, and Supporting Medical Staff**

In a profession that is filled with burnout and compassion fatigue, and moves at a lightning pace, Kristen demonstrates the importance of taking moments to slow down. Based around the neurology of stress, Kristen provides practical mindfulness strategies into the context of the medical professional's existing day. Simple solutions, done over time, to create incredibly impactful and beneficial changes for the medical professional.

- ◊ Customized to fit the needs of your organization
- ◊ Includes a robust Q&A
- ◊ Includes solutions that can be used with patients as well
- ◊ This presentation has also been adapted for **Conference Keynotes**

### Select Book Titles

- **2019:** Master Your Life: One Season At A Time (What We Are Working as a Mindfulness Planner)
- **2019:** And She Said Breathe
- **2014:** Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World

### Select Articles

- [Dr. Kristen Race Blog](#)

Balance Your Brain to Balance Your Life.

- [Master Your Life - Season by Season with Kristen Race.](#)

Master your life one season at a time instead of trying to tackle 12 month at once. View View video embedded in article. Kristen offers a 2-hour workshop to take each attendee through a doable process. You've got this!

- [The Washington Post Lifestyle Section On Parenting:Tired of Playing Pretend with her Daughter.](#)

"Because everything you do – or don't do – affects the way your child acts, you also should read "Mindful Parenting" by Kristen Race. It probably gives the best description of the brain and how it acts and reacts of any book the Family Almanac has recommended in years."

- [Huffington Post: The Epidemic of Stressed Parents Raising Stressed Kids: From Generation X to Generation Stress](#)

In 2010, Generation X (those of us between the ages of 34 and 47) was identified as the most stressed-out generation in America. Now they are raising stressed out kids, which is aptly named Generation Stress. Kristen offers some simple strategies to become more resilient to our fast-paced and stressed out lives.

- [Huffington Post: Six Ways to Help your Teens Cope with Social Media Stress](#)

Teens feel a tremendous amount of pressure to present the perfect brand of themselves in every social media post. Kristen offers parents some tools to help their kids manage this anxiety and social pressure.

- [Psychology Today: Generation Stress-A Guide to Mindful Parenting](#)

A 5-part series to integrate some mindfulness techniques into our daily lives, and help parents and kids feel calmer, happier, less stressed and more focused..

- [The New York Times: The Mostly Mindful Parent](#)

In the NYT Motherlode blog, lead writer and editor KJ Dell'Antonia discusses the concept of Mindful Parenting and Kristen Race's book on this very topic.

## Select Testimonials

We were thrilled to have Kristen present at Carter's. She introduced us to mindfulness as a practice in a way that felt very relatable and accessible. This topic was unique in that it challenged us to think about the impact that stress has both at work and at home, and she gave us practical resources to help manage it in both. We look forward to continuing our partnership with Kristen in the future.

— *Jill Willson, SVP Human Resources and Talent Management, Carter's*

The toolbox of simple workday stress-resiliency solutions she gave to our employees is excellent, and months later, employees can continue to utilize her suggestions. I realized the impact that Dr. Race's presentation would have on our staff when a colleague turned to me and whispered: "This is life-changing." Kristen's ability to share the effects of stress on our brains, our work, our happiness and our relationships, especially in today's fast-paced world, is invaluable.

— *Lisa Nelson, Senior VP, match.com*

Dr. Kristen Race offers lots of clever, fun techniques you can implement right away. The takeaways will help you and your children find the balance and calm you all need and deserve.

— *Sara Blakely, Founder of Spanx*

Kristen, your research on mindfulness and resilience to stress offers valuable guidance and tools to help women—especially working moms—navigate life's challenging moments. Thank you for your work supporting women's well-being and success.

— *Sheryl Sandberg, COO of Facebook*