

Christa



Christa is the author of the best-selling book *Skip The Pain, Experience The Pleasure, cut the crap that's holding you back so you can live the life you love.*

From the moment Christa steps on stage, she compels audiences to laugh while they learn. An engaging and down-to-earth speaker, Christa easily connects with audiences of any size and demographic. Through corporate talks, intimate venues, and nonprofit events, she leaves them with empowering tools long after the lights go out.

Christa's life has been filled with challenges, some of which include a head-on collision, losing her spouse at just 24, battling Lyme disease, and uncovering a rare condition called Anti-Gad 65. But she doesn't let these setbacks define her. With a blend of humor and wisdom, she tells her story of bouncing back from rock bottom to reaching soaring heights. Christa focuses on how she became resilient by sharing the lessons she learned along the way, empowering audiences to step up and actively shape their own lives.

Christa's skills include being a Nutrition Manager, Certified Coach Practitioner and Leadership Coach. She specializes as a Mindset Strategist, and Empowerment Coach using her gift of intuition to find clarity and direction in all areas of life. She is a Practitioner in Reiki, The Radiance Technique®, and Access Bars, and holds certificates in Reflexology, and of Natural Medicine.

Christa aspires to plant 100,000 trees worldwide to better our planet.

Although Christa is able to cater a presentation or keynote to suit any audience, her most powerful talks include:

- 1. The Pain:** Unmasking Identities and Going from Breakdown to Breakthrough.
- 2. The Promise:** Shifting Mindsets and the Way You Talk for Personal Transformation.
- 3. The Pleasure:** Embracing Fear and Crafting an Authentic Life.



To enquire about booking Christa to speak at your next event, please email messagechrista@gmail.com for pricing and availabilities.