



## SPEAKER PACKET

**Kristie Overstreet PhD, LPCC, CST**

PSYCHOTHERAPIST | AUTHOR | SPEAKER | CONSULTANT



THE REAL-WORLD RELATIONSHIP EXPERT

## Dr. Kristie Overstreet

Dr. Kristie is a psychotherapist, clinical sexologist, speaker, and author of *Fix Yourself First: 25 Tips to Stop Ruining Your Relationships* and *4 Weeks to Improve Your Relationship as a Couple*. Dr. Kristie helps people improve their relationships with themselves and others. She is a sought-after expert in real-world relationships and LGBTQIA+ healthcare. Her role is to provide unconditional support, motivate people to be their best, and always meet them where they are in their growth. She believes that each person is the best expert in their own life and her role is to help them find the answers.

She is the host of the *Fix Yourself First with Dr. Kristie* podcast where she helps empower people for self-change in order to create the lives they deserve.

Dr. Kristie is the founder of the Therapy Department, a virtual wellness practice that provides counseling, coaching, and business consulting throughout the world. She also works as a speaker and consultant who trains healthcare providers. She has contributed to CNN, Forbes, Inc, Huffington Post, Readers Digest, New York Magazine, Oprah Magazine, The Washington Post, and various other media outlets.



# Testimonials

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I highly recommend Dr. Kristie as a speaker! Her presentation style is entertaining and highly informative. I have been to two presentations by Dr. Kristie and learned so much from both and was engaged the entire time. She involves the audience without making it a stressful situation. She is open and honest with her answers. I use concepts learned from Dr. Kristie in my everyday life.

- Jackie Keane, Attendee

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It was a pleasure working with Dr. Kristie. She made the behind-the-scenes madness seamless through her professionalism. Her keynote address was well-received educationally and inspirational with conference attendees.

- Doug Anthony, CMP Event Manager

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I was lucky enough to attend a speaking event with Kristie on the Power of Perspective and goal setting. She was outstanding! She connected with everyone in the audience, was down to earth, and very high-energy and engaging. Everyone left feeling empowered and ready to accomplish their goals. I highly recommend Kristie!

- Joanna Koch, Event Host



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# Speaking Topics

- Fix Yourself First: Better You, Better Results (Mindset)
- Keep Your Head in the Game: Controlling Your Success (Mindset)
- Learning How to Listen and Act on Instinct (Mindset)
- The Power of Being Female: It Is Possible for You to Have It All (Personal Growth)
- Building Boundaries for Work-Life Balance (Personal Growth)
- Embrace the Power of Being Female (Personal Growth)
- Customer Mindset: Connecting for Lifetime Loyalty (Sales)
- Mindset + Strategy = Success (Sales, Mindset)

## Let's Work Together!

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## Press

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