



KRIS REECE

Christian Life Coach / Counselor / Speaker

Kris Reece is passionate about empowering and equipping women to create an abundant, joyful life.

No stranger to brokenness, Kris spent half her life making wrong choices and settling for less than best. Her journey from broken to beautiful is an inspiration. After a tumultuous divorce, and business collapse, she devoted her life to completely surrendering to God. Today she knows firsthand how the seemingly broken pieces of life can be rearranged into something beautiful.

Kris' career path began in the field of fitness. While she had fun helping people achieve physical health, she felt something was missing in her approach to creating wellness, something vital; inner healing. This longing to truly help people change from the inside out led to a complete life and career transformation.

Now, Kris spends her days helping women reinvent themselves and becoming everything they were created to be. She provides audiences with her energetic passion, authenticity and practical solutions to effect change.

She has authored several best-selling books and her most recent release *Make It Matter A Roadmap for Living a Life of Purpose* is earning rave reviews in pre-release. Previous titles include: *Build a Beautiful Life Out of Broken Pieces* and *The Sacred Seven*, as well as co-authoring for *Chicken Soup for the Soul*.

I walked out empowered.

"I really liked how Kris gave both inspiration and practical solutions to her talk. I've experienced speakers who are all talk and no show and others that are too factual. Kris had a balance that I really appreciate. She's funny and honest. I've never encountered a more vulnerable speaker. I walked out feeling empowered. I couldn't get enough of her."

- Conference Attendee

"Kris Reece is a communicator who challenges audiences with passion, humor and a rare level of vulnerability that always will exceed your expectations. She has an incredible ability to know exactly what to say and then how to say it in a powerful way that will transform thinking and behavior. I highly recommend her."

- Dwight Bain

Where you've seen Kris:

Tuscarora Inn Christ Church America's Keswick New Horizon Christian Fellowship
Life Source Church Fellowship Baptist Church Jesus Book and Gift
National Christian Counselors Association



SPEAKING & TRAINING TOPICS

Kris is a Christian Life Coach, Relationship Coach, Christian Counselor, author and speaker. She currently holds a PhD in Christian Counseling and MA in Theology. Kris' topics are designed to equip and empower your audience with practical solutions to effect change within themselves and their relationships.

Make it Matter

Ideal Presentation Time: Keynote, sermon, half/full/multi-day workshop

Most people long to live a life of passion and purpose but few have a plan. Rather, life is something that happens to them, bringing them to a place they wish were better. In this presentation, I take your audience through my three-step process to Discover their God-given purpose, Develop their passion and Design the life they've always wanted.

Overcoming Toxic Thoughts

Ideal Presentation Time: Keynote, half/full/multi-day workshop

Many people long to get rid of the negative thinking that is robbing their peace. They feel like they have a tape recorder playing in their head, repeating the same old patterns. In this presentation, I will share the practical steps to overcome the negative thoughts that keep you trapped in fear and self-doubt. This workshop is a must for anyone desiring to win the battle in their mind.

What's in Your Bucket?

Ideal Presentation Time: Keynote, sermon

We all want more out of life. But how we reach for more can be the difference between everlasting joy or dissatisfaction. In this presentation, I share the importance of leaving behind the baggage, along with the practical principles to lay it all down and surrender to Jesus. This presentation will help your audience break free to their best life in Christ.

Build a Beautiful Life Out of Broken Pieces

Ideal Presentation Time: Keynote, sermon

No one is able to get through this life unscathed. For some it's tragedy, for others it's a lifetime of emotional hurts that were never healed. But for many, their brokenness becomes part of their identity without even realizing it. I share how God takes the seemingly broken pieces of our lives and builds something better than we could have expected.

The Sacred Seven

Ideal Presentation Time: Keynote, sermon, half/full/multi-day workshop

In today's world of constant comparison, it's hard to imagine living a life that we love AND can be proud of. How do you get the desires of your heart met without compromising your values? The Sacred Seven helps women to stop striving and learn how to get the desires of their hearts met God's way.

Why You Do What You Do

Ideal Presentation Time: Keynote, sermon, half/full/multi-day workshop

Almost everyone I know is frustrated in one way or another. And despite how hard they try they struggle with good communication relationships, dissatisfaction in career or an overall sense of unhappiness.

In this presentation, Participants will discover how understanding your temperament can be the secret to healthier relationships, more fulfilling work life, and more stable emotions.

BOOK KRIS REECE TODAY FOR YOUR NEXT EVENT

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