

Kristin Weitzel

Founder: WELLPOWER, SHERPA Breath & Cold

Wellness Expertise That Captivates Your Audience



Speaking and Workshop Topics Include:

- Deliberate Cold Exposure
- The Power of Red Light Therapy
- Breathwork: Breathe into Better
- Performance Nutrition
- Biohacking for Women / Cycle Alignment
- Canceling Burnout Culture
- Fit for Business: Workplace Wellness
- Marketing: Growing Your Wellness Platform
- Podcasting 101
- SHERPA Breath & Cold Training

Kristin is a health and high performance maven, with expertise across a broad range of health topics. She is a biohacking proponent, certified fitness trainer, podcast host, breathwork guide, ice bath instructor, and nutritionist with a focus on guiding people to optimal health.

In addition to transforming the bodies and minds of her clients, Kristin has experience hosting and presenting to live groups as large as 2,500 people and enjoys crafting programming and topics unique and relevant to your audience. Her presentation style is welcoming and wildly engaging.

From Corporate Executive to Wellness Warrior

During her 15 years as a brand strategist and global marketer for Fortune 500 brands, Kristin sought opportunities to work with some of the top minds and mentors across the wellness world. She applied these learnings to her own weight management, energy, and lifestyle challenges, and continues to research and share them with her audience. She ultimately left behind her successful corporate career to pursue her peak expression:

Leading others to break out of their comfort zones and rise into optimal wellbeing.



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warriorwomanmode

WELLPOWER
PODCAST