

# KRISTY VON MINDEN

From CS - Fee \$4000 + 10% & GST ex Auckland. She is super engaging & articulate. The content she shares is very relatable, science based & easy to understand.

MOTIVATIONAL SPEAKER,  
FACILITATOR AND  
MINDFULNESS TEACHER



## BRIEF BIO

Kristy is a certified Mindfulness teacher with a special interest in Neuroscience. An experienced facilitator and keynote speaker, Kristy is regularly invited to speak at events to inspire positive change. She works regularly with some of New Zealand's leading businesses, through her company Mind Bright, to reduce employee stress and enhance health, happiness and performance.

## QUALIFICATIONS

- Bachelor of Communications Degree (AUT)
- 'The Science of Happiness' accreditation, Berkeley University, Ed-X
- Accredited Ovio Mindfulness Teacher & Mindfulness Kids Coach
- Currently studying: 'The Fundamentals of Neuroscience' via Harvard's University, Ed-X

A SELECTION OF MIND  
BRIGHT'S FORWARD  
THINKING CLIENTS:



Generator®



**CallaghanInnovation**  
New Zealand's Innovation Agency

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## SPEAKER TOPICS

- 21st Century Wellness
- Rewiring your brain for less stress and anxiety
- Workplace wellness
- The Neuroscience of Mindfulness
- Brain hacks for busy people
- The science of sleep

## KRISTY'S MISSION

"To inspire individuals to create small but powerful daily habits to take care of their minds so they can discover their mental and emotional strength. Just like we habitually prioritise looking after our physical health by brushing our teeth, eating healthy or exercising."

KRISTY IS REGULARLY ASKED TO PROVIDE COMMENTARY ON ALL THINGS 21ST CENTURY WELLNESS. MEDIA RECENTLY N FEATURED IN INCLUDES:



THRIVE



nodi

Miss FQ



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## TESTIMONIALS

"Kristy is a natural presenter. She speaks with enthusiasm and confidence, motivating and captivating her audience. Her knowledge of neuroscience and how she translated it into relatable, real life tips for wellness, was inspiring".

**Jo van der Walle - Rise & Shine**



"I hope everyone really gets on board with these strategies, as I feel the workplace would be so much happier, calmer and more productive !!"

**Sacha Ripley - workshop attendee**

"Kristy brought the most amazing energy. We listened to her speak about mindfulness and stress management. Her wisdom and understanding of these areas really connected with all of us. Kristy has the ability to deliver powerful messages in a way that is easy and enjoyable to comprehend, there were some fantastic golden nuggets, backed up by science, so powerful."

**Oliva Moore - Naveya & Sloane**

