

KRISTEL BAUER

CORPORATE WELLNESS EXPERT WITH A MISSION OF SUPPORTING COMPANIES AND INDIVIDUALS ON THEIR JOURNEYS FOR MORE HAPPINESS

Kristel Bauer is a corporate wellness expert and TEDx speaker with a mission of supporting companies and Individuals on their journeys for more happiness, success & well-being. With Kristel's unique background in Integrative Psychiatry, business and media, she provides invaluable insights and strategies to empower, inspire and motivate companies, leadership and sales teams as well as other groups and organizations.

Kristel shares key insights into high-power habits, leadership development, mental well-being, peak performance, resilience, success & a modern approach to

work/life balance. Using a blend of authenticity, Psychology & Science, Kristel provides insights to excel in sales and thrive as a team leader. Kristel's messaging supports company profitability while promoting vibrant company cultures with healthier and happier employees.

Kristel is the creator and host of her global top 1% self-improvement podcast, Live Greatly, where she talks with the top minds about business, happiness, mindset, success and wellness. Kristel is a contributing writer for Entrepreneur and she is an influencer in the business and wellness space having been recognized as a Top 10 Social Media Influencer of 2021 in Forbes. As an Integrative Medicine Fellow & Physician Assistant having practiced clinically in Integrative Psychiatry, Kristel has a unique perspective into optimizing well-being and achieving success. Some companies and universities that have booked Kristel to speak include Bank of America, General Mills, Northwestern University, Quest Mindshare, Commercial Metals Company, Trelleborg Sealing Solutions, NAWBO & Rosalind Franklin University of Medicine and Science. Kristel has been featured in Forbes, Forest & Bluff Magazine & Podcast Magazine and she has contributed to Real Leaders Magazine. She has been live on ABC 7 Chicago, WGN Daytime Chicago & Ticker News.

