

Kristen Budde

INSPIRATIONAL SPEAKER -
SINGER - SONGWRITER

About Kristen

When Kristen Budde, Inspirational speaker, award-winning singer-songwriter and violinist, takes the stage, be prepared to be energized and empowered to face your fears, overcome worst-case scenario thinking and take action! Kristen has shared her talents of speaking and singing throughout the US and wholeheartedly believes that sharing our stories combined with inspirational music has the power to heal us and help move us forward. With a humorous and engaging personality, heart-felt personal stories and original live music, Kristen will share practical steps to get unstuck and begin building a life you love.

Topics

1/ Stuck to Unstoppable

Fear and worst-case scenario thinking keep us from taking action towards our goals. Learn the four steps to getting unstuck and overcoming fear so you can build a life and business that you love.

Outcomes: Increased confidence, fulfillment, and self-motivation

2/ Dreams Don't Have Deadlines

We spend a lot of time dreaming about things we want to do, but often don't pursue them. How often do we believe it's just too late for us? Kristen will share practical steps anyone can take to make their dream a reality.

Outcomes: Increased joy, fulfillment, motivation

3/ Community + Connection = Success

We thrive when we are connected in supportive community. Kristen shares keys to why this is important and how to create a culture of collaboration, make meaningful connections to help find success in any area of life.

Outcomes: Increased collaboration, success, satisfaction



Format

A "keynote concert" is 45-60 minutes and combines speaking, stories and live original music.

Testimonials

"Kristen is real and authentic. She pulls out the gold in each of her specific life experiences and makes them relatable for everyone. She interacts with the audience and creates a space where we can process the things we want to overcome. The integration of music and story is most commendable! The music hit home and drove the point across in a tangible way. I would highly recommend booking Kristen for your event!"
-Julianne W

"There are things I've wanted to do but I'm afraid to try. This keynote concert has helped me come to a decision and I am so inspired to try and start taking small steps!"
-Rachael S.

Booking

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