



Kristi K.

BUSINESS | LIFESTYLE
INFLUENCER

MEDIA
KIT



Biography

Kristi K. Hoffman, M.S. is an award-winning, Emmy-nominated business TV host, media producer, entrepreneur, journalist, lifestyle influencer, family woman, philanthropist, and best-selling teen social issues author of **Total Package Girl: Discover the Ultimate You for Life**. She created the lifestyle brand, Total Package Lifestyle to offer tools for finding success by one's own definition.

Kristi K.'s new brand, **Kristi K. Media**, is the place to go for indispensable information related to everything business, healthy lifestyle, women, girls, and topics of relevance to success-driven people. Kristi K.'s goal behind her new brand is to explore, research, inform, and connect with her audiences, demonstrating how to "live again" by finding success in both business and life.

Kristi K. created the first PBS TV segment of its kind in the '90s as host and executive producer. Today she hosts and produces her business and lifestyle TV show "Business | Life 360 with Kristi K." where she interviews success-driven people at their intersections of business and life. A corporate businesswoman and entrepreneur, Kristi K. incorporates her ever-curious, intelligent, fun, and savvy style into each interview she produces.

Her goal? To give viewers and listeners a new perspective, a resource for keen knowledge, deeper compassion, and a strong conviction for things that matter to each human. She implores her audiences to embrace the notion that there is always more room to learn, lead, and grow.

Kristi K.'s podcast, Business | Life After Hours, continues her compelling guest interviews and conversations. She takes a deep breath and a deeper dive into the lives, experiences, and nuggets of success-driven people at their intersections of business and life. It is available on Apple, NPR, Spotify, Google, WGTE, and other podcast platforms.

Powered by her corporate and life experiences, Kristi K. is devoted to building successful, leadership-driven, and confidence-centered lives for people across the globe. She is passionate about living a fit, healthy lifestyle, providing empowerment tools to do so, and helping others find success by their own definition.



Speaking Topics & Expertise

BUSINESS

- Knowing your business strengths and leadership edge
Identifying core values | success-driven goals | authenticity
- Entrepreneurship: building a purposeful business
Entrepreneurial startups | branding yourself & your business | finding purpose
- Building critical skillsets for future success
Communication | diplomacy | discernment | assertiveness
- In a rut and unsure of next steps? Evaluate present situation and explore career options to determine the best fit for you.
Positioning for success | planning for the future
- How to find business and life success and fulfillment
Goal setting | achieving your dreams
- Work/life centering
Working moms | career-driven moms
- Confident leadership
Strengths | weaknesses | core values
- Improve time management when everyone wants you.
Leadership skillset | balance | structure
- Building corporate image
Confidence | building your own image for success
- It's lonely at the top. Who is coaching you as a senior-level leader, head coach, executive, etc.?
Loneliness | continued learning | mentorship

Kristi K. hones in on the intersection of business and life, and can customize a topic to your specific audience. See her subject matter expertise at kristikmedia.com.



Speaking Topics & Expertise

LIFESTYLE

- Navigating the world of business as a woman in corporate America
Equity | leadership | success
- A successful business and a healthy lifestyle - you can have both!
Alignment | goal setting | purpose
- Sculpting your life: how to be strong and prioritize yourself every day
Self-care | self-love | healthy brain | healthy body
- Confidence, esteem, and body image in the workplace and in life
Comparison | negative self-talk | self-positivity
- How to let go of toxic relationships
Building healthy, positive relationships
- Developing your personalized master plan for life
Mental health | personal growth | finding fruition
- Purpose: who am I and where am I going?
Defining purpose | life goals | what's next?
- How to improve your time management and build life structure
Burnout | learning to say no | prioritization
- Achieving success at the intersection of business and life
Defining goals | honing leadership skills

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Outlets

Get promoted to Kristi's audience through social media posts, podcasts, and affiliate partnerships.



KRISTI K. MEDIA
FACEBOOK



BUSINESS | LIFE AFTER HOURS
WITH KRISTI K.
PODCAST



@KRISTIKMEDIA
INSTAGRAM



KRISTI K. MEDIA
WEBSITE



@KRISTIKMEDIA
TWITTER



Book a 1-hr. Success
Session with Kristi K.!

As Seen On:



*One of Kristi K.'s
Favorite Quotes*

"Success is by your own
definition."



Booking Info & Process

1. Complete the booking inquiry & request form at kristikmedia.com.
2. You will be contacted by Kristi K.'s team to discuss details, fees, and dates.
3. Speaking contract is agreed upon and signed by both parties.
4. Kristi K.'s team confirms your booking and your event is placed on Kristi K.'s public calendar and promoted by Kristi K. (unless a private event).
5. Leading up to the event, you can share additional media assets for distribution and promotion by Kristi K. as per contract.



For more information, please contact:

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www.kristikmedia.com

Thank You!

