

ABOUT KRISTEN



Kristen Johnson Brogan is a Registered Dietitian, RYT Yoga Instructor, certified personal trainer, Superfood Chef, Author of the best-seller cookbook, *Target To Table: Healthy & Delicious Meals One Superfood At A Time* and Mindful Living Expert at On Target Living, a health and performance company teaching people how to be their best self. Kristen specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles.



KEYNOTES

Hungry For Happiness: How Food Can Fill You With Health & Happiness

Twenty- three hundred years ago, Aristotle concluded that, more than anything else, men and women seek happiness. And even though we are surrounded by more luxuries and opportunities than ever before—we are actually less happy. As a Professional Speaker on mindful living, happiness, and performance, Kristen Johnson Brogan has been on a hunt all around the world to find what truly makes people happy—and what she has found will totally blow your mind. Join Kristen in this powerful presentation, as she reveals the secret to life-long happiness.

Flow: Experience Your Best Self Through Mindful Living

What would life be like if you could enter your most productive, creative mental state at will? In this presentation, Kristen Johnson Brogan will teach you how to combine mindfulness, food, and movement to build your best self. Within the first 37 seconds, Kristen will have you hanging on to her every word as she brings her authentic personality, stories, and humor to engage and captivate. Kristen will share key ideas and a series of breakthrough insights to help you to create positive momentum and enter into a “Flow State” where happiness and health feel effortless. Most importantly, Kristen will leave you with simple action steps for achieving a continuous state of movement and growth in both your personal and professional life.

Mindful Leadership: How to Stay Present & Calm in a Sea of Chaos & Stress

Stress, anxiety, depression, and work/life imbalances are rampant inside most organizations. How can a leader produce results, stay focused and energized, inspire a team, and handle their environment with purpose? Join Kristen Brogan, Registered Dietitian, Mindful Living Expert and Professional Speaker as she shares the secrets to becoming a mindful leader who can turn negatives into positives and excel in stressful situations. At the end of the presentation, participants will be guided through a short meditation for effectively reducing stress, improving productivity, and unlocking the mindful leader in them.

Culinary Experience

Are you interested in living a healthy lifestyle where you don't have to give up the things that you love? Want to live healthy and still have a social life? Kristen Brogan, Registered Dietitian, Superfood Chef, Mindful Eating Expert, and Author of *Target To Table*, offers a unique, one of a kind event to connect clients/organizations to their audience through shared meals and conversation through a live “Food Network” type of experience. In this interactive demonstration, Kristen gives simple tips for making your traditional dishes healthier and more flavorful and will teach you how to navigate this crazy food world with confidence. Ultimately, she will share the secret to living a lifestyle that is healthy, fun and effortless. Participants will leave knowing how to use food and healthy living as their competitive advantage and most powerful investments. *Mindful eating guide and delicious samples included.*

Optional Culinary Experience Ad-On: Come Shop with Me!

Join Registered Dietitian and Retail Expert, Kristen Brogan as she takes you through the grocery store showing you simple and fun ways to upgrade to healthier and more flavorful options. Here, she will share the secret to navigating the aisles with confidence. Depending on the time of year, Kristen can also provide a shopping trip at a local farmer's market showing you new and fun ways to cook with seasonal produce.