



Keynote Speaker
Registered Dietitian
Superfood Chef
Author
Yoga Instructor
Certified Personal Trainer
Mindful Living Expert
Chief Nutrition Officer
at On Target Living

Mindful EATING Mindful MOVING Mindful LIVING



For audiences who want results and to live a better life

Breakouts/Workshops

Delicious

As a superfood chef, and author of *Target To Table: Delicious & Healthy Meals One Superfood at a Time*, Kristen will provide insight into the meaning of food and show you how to use nutrient dense ingredients to live more deliciously, in this fun and engaging cooking demonstration. From *Target To Table*, Kristen will demonstrate ways for making your traditional dishes healthier and even more flavorful while providing simple tips for better cooking.

BYOB Yoga

Join Kristen as she takes you through a dynamic yoga routine that improves alignment, balance, strength, flexibility and overall fitness. Kristen will help you to incorporate breathing and mindfulness into your fitness practice, allowing you to be more present in the moment for an efficient and result-driven outcome. *No equipment required—just bring your own body (BYOB).*

Get Your Move On

Join Kristen for a full body workout that improves alignment, balance, flexibility, strength and overall fitness. If you are new to exercise or a seasoned veteran join in and learn how you can take your fitness to the next level! This one-hour fun and action packed session will provide you with efficient effective ways to move your body. Pump up music included!

Corporate/Team Building

There is no better way to bring people together than through shared meals and conversation. This team building event is sure to bring delicious fun and lots of laughs. Participants will also leave with tools for living a healthier and more productive life. Examples include Smoothie Blend-Off, Chili-Cook-Off, Superfood Show-Down, and How To/Cooking 101.

Powerful ROI

- Lower health care costs
- Increased focus, energy, and drive
- Greater capacity and ability to do more
- Higher performing
- Increased productivity
- Better engagement
- Increased retention
- Stronger relationships within organization
- Better work-life balance



Popular Keynotes

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

What is the secret to happiness? This is the million-dollar question researchers, scientists, and philosophers have been trying to figure out for years. Is it success, career, money, family, new car? Of course, these are all wonderful things but they unfortunately fail to provide deeper, longer lasting happiness. In this powerful keynote, Kristen will share a unique secret for lifelong happiness.

Flow: Experience Your Best Self Through Mindful Living

This dynamic presentation combines mindfulness, food, and movement to build your best self and will give the audience the competitive advantage they need to get ahead. In this presentation, Kristen shares 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.

Mindful Leadership: How to Become a Leader Who Stays Present and Calm in a Sea of Chaos and Stress

Focus and follow through are becoming increasingly rare skills in our "always on" digital environment. Constant distractions (chats, tweets, beeps, emails, texts, etc) magnify stress and mess up our best intentions. Stress, anxiety, depression, and work/life imbalances are rampant inside most organizations. How can a leader produce results, inspire a team, and handle their environment without focus, follow through, and a clear, calm mind? In this hugely insightful and practical keynote, Kristen will share the secrets to becoming a mindfully present leader who can handle complex situations with intentional focus.

Kristen Johnson Brogan-Mindful Living Expert

Authentic • Inspirational • Knowledgeable • Quality Content • Unique & Powerful

Are you looking to create an event that stands above the rest and has your audience saying "WOW for years to come?"

As a Keynote Speaker, Registered Dietitian, Author, Superfood Chef, Yoga Instructor, and Chief Nutrition Officer at On Target Living, Kristen Johnson Brogan energizes and motivates her audiences to live healthy without making sacrifices. With mindful eating, mindful moving, and mindful living, you really *can* have it all!

Kristen's message allows people to have greater "capacity" to do more and be more efficient in their everyday. Kristen doesn't just provide valuable content —she weaves in stories throughout to create behavior change and transformation.

How can someone expect to learn a new skill, attend another conference or professional development event, or listen to another speaker, if they lack energy, focus and drive from living an unhealthy and high-stress lifestyle? Learning how to live healthier may be the most powerful skill set a person can develop for life-long success. Studies show living healthier leads to happier, more engaged and higher performers.

Good health is a person's competitive advantage.

Testimonials

"After years of fighting an autoimmune disease that attacks the muscles, and taking over 6 different medications; I am now medication free and the symptoms of the disease are not active due to the advice and guidance from Kristen and the team at On Target Living. They truly are the leaders in real HEALTH care. I can now focus on leading my business instead of fighting an illness."

-Denise McGinn, CAE, President of Association Guidance

"Without action, a presentation only lasts until the last person leaves the room. Kristen combines engagement, education, and her authentic personality to create a transformational experience for years to come"

-Michele S. Katz

Past President of NAWBO (National Association of Women Business Owners) Founding Partner of Advitam IP, LLC

"Kristen was just the burst of energy we needed to get us motivated! She came into our organization and educated people that were not looking to be educated on healthy habits and lifestyles. She quickly had all of our people following her every move and enjoying themselves at the same time!"

-Janet M. Manns

Lost Time Coordinator, Delta Airlines

Client List

Dental Association

Periodontal Association

Association of Women
Business Owners

Chicago Chamber of
Commerce

Ameriprise Financial

Merrill Lynch

Nationwide

AT&T

Deloitte

Wells Fargo

Bank of America

University of Notre Dame

Western Michigan
University

Delta Airlines

Blue Cross Blue Shield

Michigan HR

Fitness Associations

The Private Bank

Mesirow Financial

CFG Health Network

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Where Kristen is The Perfect Fit

- Associations, Fortune 500 companies, corporate training seminars, workshops, kick-off events and development initiatives focused on growing leaders, increasing performance, and transforming organizations to dominate their field.
- Leadership conferences where leaders are ready to increase their focus, energy, and drive to succeed and are willing to take- action by taking the small steps necessary to create a performance lifestyle.
- Financial services regional and national development events centered on creating top performing financial advisors. Reward trips and higher education events for financial advisors and their guests who want a message that perfectly compliments their goals.
- Corporate University platforms looking for a leadership and performance program that addresses lifestyle management with an emphasis on increasing capacity via improved focus, powerful energy, and a deep drive to win.
- Professional development conferences, meetings, and events.
- Women executive or leadership events, women dominated associations and careers.
- Entertainment and out of the box experiences. A unique event where you combine engagement, education and action to entertain and transform your group. An event that focuses on fun in the midst of this crazy fast-paced world.
- For any audience who wants to feel recharged, refreshed, and rejuvenated.

Kristen's Focus

Kristen Johnson Brogan is a highly-regarded speaker, health leader, author, mindful living expert, celebrated superfood chef, certified personal trainer and yoga instructor.

Kristen energizes and motivates her audiences to live healthy without making sacrifices. With mindful eating, mindful moving, and mindful living, she believes you really can have it all!

Kristen has traveled the world engaging audiences with her signature communication style. She is a perfect fit for speaking on:

- Mindful Leadership
- Mindfulness
- Healthy Habits and Lifestyle Transformation
- Productivity & Performance
- Nutrition, Weight Loss, and Hormonal Balance
- Movement, Yoga, and Meditation
- Work/Life Balance
- Happiness

Kristen works with leaders and organizations to transform their business from the inside out by sparking massive action from the audience. Her personal story captivates as she brings to life growing up in America's First Family of Health, the life lessons she's learned from her experiences, and how she helps others build a lifestyle based on healthy habits, mindfulness, and finding happiness.

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Why Work With Kristen

- As a registered dietitian, yoga instructor, and mindfulness expert, Kristen is fully equipped to help your audience upgrade their food, movement, and mental state to create an exceptional life. As part of an entrepreneurial family, Kristen's grounded in the reality of business today. She travels internationally connecting with diverse audiences across diverse industries. Universally her message finds a receptive and engaged audience desperately searching for proven ways to feel better and handle the complexities of modern living.
- As the Chief Nutrition Officer of On Target Living, Kristen participates in a multi- million dollar business conducting speaking, training, and consulting with corporations around the world. She shares the company mission to help 1,000,000 people transform their lifestyle and experience the power of feeling their best. Currently Kristen, along with her dad Chris and twin-brother Matt, connect with close to 100,000 people a year in keynote presentations and corporate trainings.
- Kristen is uniquely equipped to address leadership and development conferences, millennial workforces, health and wellness initiatives, as well as schools and university settings.
- Kristen consistently ranks as the top audience pick during conferences and training events during post program surveys.
- Kristen is a Registered Dietitian, Superfood Chef and Author of best seller cookbook, *Target to Table: Healthy & Delicious Meals One Superfood at a Time*.
- Prior to On Target Living, Kristen worked with many large organizations such as Delta Airlines, Notre Dame University, American Diabetes Association, and Chicago Public Schools as a corporate retail dietitian consulting on health, wellness, and eating habits.

As Seen On

