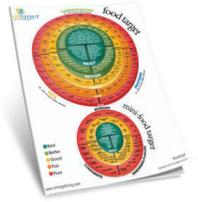


ABOUT KRISTEN



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 is 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 personalty, 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.

Mindfully Delicious Foodie Experience

This culinary event blends a mindful eating presentation with a dynamic cooking demonstration for the ultimate foodie experience. Kristen will share simple tips for cooking and how to blur the line between healthy and delicious. Most importantly, the audience will learn how to navigate this confusing food world with confidence to determine what’s healthy and what’s not. Kristen will focus on using seasonal, organic and the most natural foods to inspire you to experiment with new foods and flavors and cook more meals at home. Her message is centered on eating healthy without making sacrifices. Kristen believes that you can have your cake and eat it too and nothing should be off limits when you make it homemade. Give your audience the special gift of connection through shared meals and conversation. Food really is your most powerful investment. Mindful eating guide and delicious samples included.

FITNESS SESSIONS

Power Hour

This one-hour fun and action packed session will provide you with efficient and effective ways to move your body. Participants will leave knowing the five essential pieces that makes up the ideal fitness program. *Pump up music included!*

Yoga Flow

While flowing through a dynamic series of poses, Kristen will help you to incorporate breathing and mindfulness, allowing you to be more present and fully engaged in the movement. From the beginner to the experienced yogi, this class is perfect for any fitness level.



OPTIONAL YOGA ADD-ONS

Meditation & Calming Superfoods

Following yoga, Kristen will take you through a quick meditation for reducing stress, calming the mind and will show you what foods are best for stress and better sleep. *Calming magnesium rich foods included.*

Mindful Eating Workshop

This flow and food themed class will teach you to use mindful movement and mindful eating to build your best self. This yoga and mindful eating workshop will include an hour yoga flow followed with a 30- minute mindful eating lesson and food activity. Mindful eating guide and small bites provided.

CORPORATE OFFERINGS

Team Building Workshops

Join Kristen as she brings your company together through shared meals, team cooking challenges, and delicious tasting food.

Menu Planning/ Conference Catering

Kristen can work directly with the venue to coordinate healthy food and beverage items to be served during the event to create a more engaging and result-driven event. Healthier food choices allow participants to see and taste first- hand how healthier foods can easily fit into their daily lives.

Yearly Health, Wellness & Performance Programs

Kristen can work with your team to foster a healthier, happier and more productive workforce, a workforce that appreciates a healthy lifestyle and successful career, and a workforce that understands that such a lifestyle can be easy, effortless, and sustainable. Program can be delivered through keynote presentations, lunch and learns, a series of interactive workshops, cooking demonstrations, fitness sessions, one on one consultations, and sleep and stress trainings.

LEARN MORE ABOUT KRISTEN AT www.KristenJohnsonBrogan.com