



Kristin
Gustafson

PROFESSIONAL SPEAKER

SPEAKER KIT

Meet Kristin

A former **Ironman World Championship competitor** with a **Master's in Exercise Physiology & Science**, Kristin's story took a sharp, unexpected turn when she was **diagnosed with Multiple Sclerosis and Dystonia**.

Rather than break her, it sparked the creation of The GPS Mindset®, a transformative framework built on Grit, Purpose, and Strength.

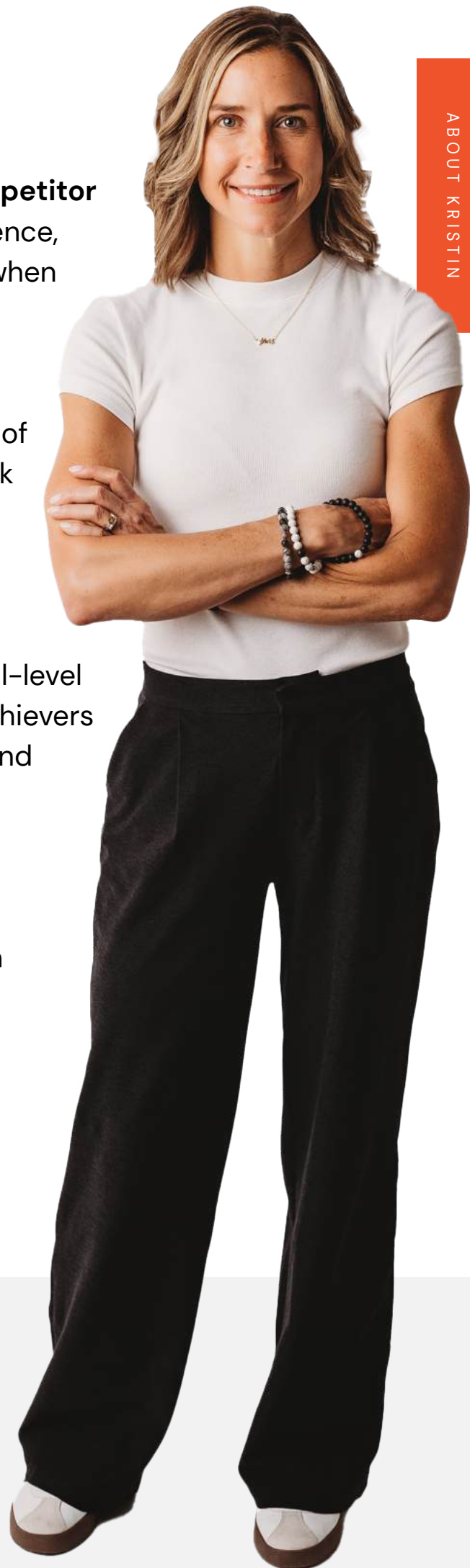
Kristin's talks are anything but surface-level.

With a mix of science-backed insight and soul-level storytelling, she connects deeply with high achievers who feel like they're "doing everything right" and still burning out.

Event organizers request Kristin because she delivers more than inspiration, she equips audiences with practical tools to lead through adversity, manage change, and sustain performance under pressure.

Her talks leave people grounded, energized, and clear on how to move forward with purpose and strength.

"I walked away feeling ready to face my own challenges with a new sense of purpose"



ABOUT KRISTIN

Using Your Internal GPS

When external pressures, self-doubt, and unexpected challenges push off course, our Internal GPS –powered by Grit, Purpose, and Strength –becomes our most valuable navigation tool for staying on track.

Kristin shows audiences how to access their internal compass, empowering them to silence limiting beliefs, overcome obstacles, and move forward with confidence and clarity toward their best self.

Your Audience Will Leave With:

- **Practicable techniques designed to recalibrate resilience**, empowering individuals to face adversity with courage, flexibility, and a clear internal compass.
- **Clearer alignment with your personal "why"** that strengthens your connection to core values and motivations, empowering purposeful action and confident decision-making.
- **Tools to turn obstacles into stepping stones** by reframing challenges as opportunities for growth and using them to fuel progress.
- **Confidence to rewrite the stories** you tell yourself by overcoming self-doubt and gaining clarity when the path feels uncertain.
- **Actionable strategies for sustained momentum** to build mental toughness, emotional endurance, and a resilient mindset that drives continuous forward movement.

Racing Through Resistance

Life's "Race Robbers"—imposter syndrome, depression, and the need to control everything can push us off course, derail our progress, steal our momentum, and diminish our sense of accomplishment.

Kristin shares her battle with these common obstacles, offering actionable strategies to navigate life when the map disappears. As both an elite athlete and someone who has faced life-changing physical challenges, she inspires audiences to rewrite their stories, rise from setbacks, and reclaim confidence with renewed clarity and purpose.

Your Audience Will Leave With:

- **Proven techniques for identifying hidden thieves**, such as imposter syndrome, depression, and the need for control, redirecting them before they take you off course.
- **A toolkit to break through self-doubt**, overcome imposter syndrome, and build lasting self-trust and confidence.
- **An honest look at mental health through personal experience**, with strategies to navigate and manage depression without letting it define your path forward.
- **Freedom from the need to control** by embracing flexibility, letting go of perfectionism, and learning to trust the process.
- **Practical strategies to reclaim confidence and forward progress**, with actionable steps to overcome inner obstacles and build a balanced, resilient mindset.

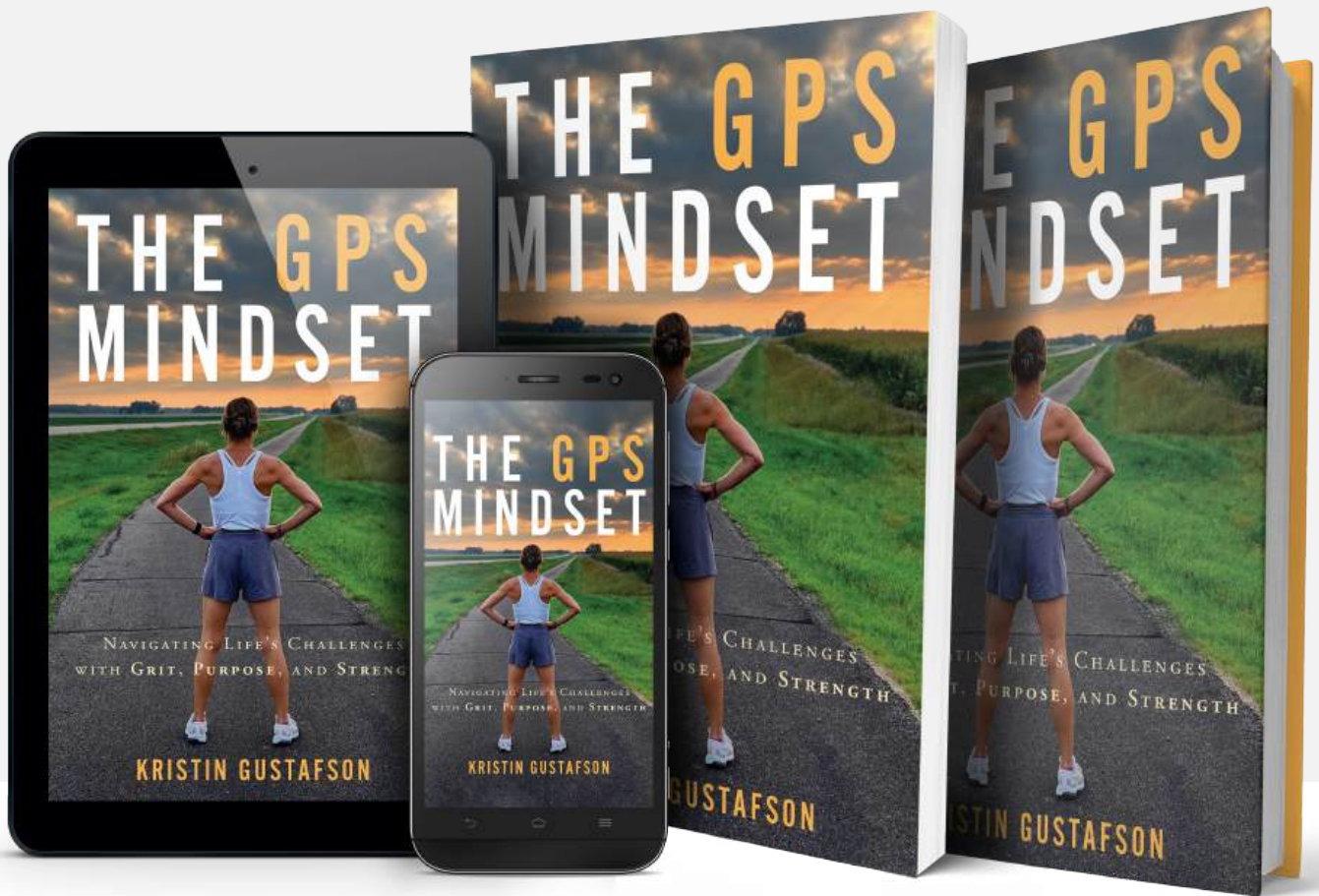
Runner Highs

The “Runner’s High,” that unstoppable feeling of resilience, confidence, and deep gratitude, isn’t limited to finish lines or athletes.

Kristin inspires audiences to create their own peak state by creating habits, reframing their mindset, and fueling their journey with gratitude, which empowers them to live and lead with unstoppable confidence no matter the challenge.

Your Audience Will Leave With:

- **The power to create their own Runner’s High** by discovering resilience, energy, and unstoppable confidence.
- **A roadmap for daily breakthroughs** through small, consistent habits and mindset shifts that unlock lasting progress and inner strength.
- **Tools to reframe the mindset** and see every obstacle not as a dead end, but as a stepping stone to something greater.
- **A foundation built on gratitude** by finding fulfillment not just in major milestones, but in small victories and the struggles overcome along the way.
- **Strategies to sustain momentum** by learning how to bounce back from setbacks and keep moving forward, even when motivation fades.



The GPS Mindset

Navigating Life's Challenges With Grit,
Purpose, and Strength

In her debut book, bestselling author Kristin Gustafson shares the powerful lessons she learned after life threw her completely off course. Through deeply personal stories and practical strategies, she invites you to discover your own GPS, and use it to chart a new path forward

Invite Kristin to Speak

www.KristinGustafson.com

gps.mindset@kristingustafson.com

