

# Kristin Gustafson

Speaker | Author | Certified Coach




Kristin Gustafson is a former Ironman World Championship competitor and business executive turned motivational speaker, author, and creator of The GPS Mindset®, a framework for navigating life's detours with Grit, Purpose, and Strength. With a Master's in Exercise Physiology, certification in Health & Wellness Coaching, and over a decade of experience in business and product strategy.



“ You can't control the detour, but you can control your next step. ”

She equips individuals and teams with the tools to navigate change, build resilience, and gain the confidence to create their own roadmap forward.

## SIGNATURE TOPICS

-  **The GPS Mindset: Navigating Life's Challenges with Grit, Purpose, & Strength**
  - Learn to navigate challenges, recalibrate through change, and lead with clarity, confidence, and resilience.
-  **Fuel Your GPS: The Foundations of Whole-Person Health**
  - Learn to fuel resilience and performance through movement, nutrition, and mindset while building lasting wellbeing.
-  **Confidence Unlocked: Conquering Imposter Syndrome & Owning Your Worth**
  - Learn to silence the inner critic, reframe self-doubt into confidence, and lead with clarity and self-worth by applying the GPS principles.



# GPS Mindset



Grit



Purpose



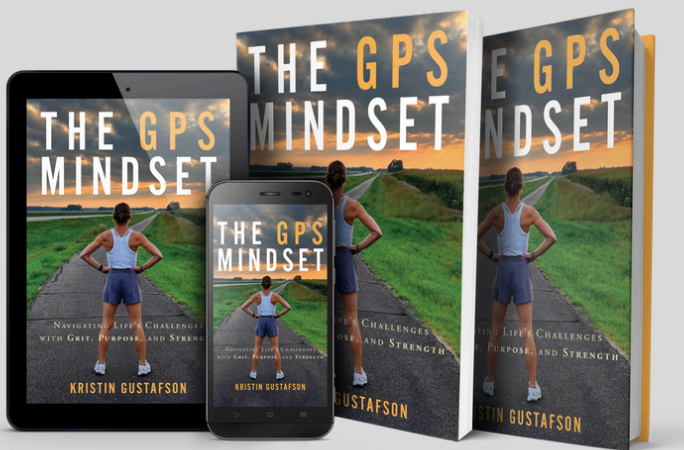
Strength

## THE GPS MINDSET

### From the Page to the Stage

*"An inspiring framework for leaders and individuals to navigate change with clarity, confidence, and purpose."*

– Katherine Bang



## CLIENT FEEDBACK

*"Kristin gave our organization exactly what we needed. Her keynote was practical and filled with strategies our employees could start using right away. She helped us focus on our mindset and well-being in a way that made sense for everyone."* – Kristy Nelson

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*"As a manager, I walked away from Kristin's keynote with tools I can use with my team. The GPS Mindset framework was simple to understand but powerful."* – Dan Smith



### CONTACT DETAILS:



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