



# KRYSTAL JAKOSKY

TEACHER. WRITER. GREAT LISTENER.

Krystal Jakosky is a teacher and writer based in Colorado helping people “own their shit” and take ownership of their own lives. Krystal teaches online and in-person classes, meets with clients in individual sessions, and hosts "Breathe In, Breathe Out: a Weekly Mindfulness and Meditation Podcast."

Krystal's background in theater and education has prepared her well for a career in public speaking. Whether teaching a class or performing for a theater audience, she loves connecting with the amazing humans around her.

As a public speaker, Krystal gives her audiences tangible tips, tactics, and tools to become their own magic pill. Through personal stories and hard truths, Krystal gives her listeners a healthy push in the right direction and motivates them to step into a more authentic, fulfilling life.

## KEYNOTE TOPICS

- Owning Your Shit
- Beating Burnout
- What Self-Care Really Means and Why It's Crucial
- How to Change the Stories You Tell Yourself
- Communicating Authentically for Healthier Relationships

## IDEAL AUDIENCES

- Personal development workshops
- Small or large corporate or nonprofit groups
- Staff retreats and professional development
- Wellness conferences, panels and events
- Podcast interviews



"Her contagious energy alone will amplify your emotions and will leave you feeling happier than when you arrived."



"Through Krystal's gentle guidance and wisdom, I was given the gifts necessary to break through cognitive dissonance, negative emotions, toxic relationship patterns, and self-defeating thought processes. As a result of Krystal's help, I now feel empowered, restored, and centered."

## LEARN MORE

@krystaljakosky

[www.krystaljakosky.com/speaking](http://www.krystaljakosky.com/speaking)

