



KRISTINA COGGINS

STAR POWER CONSULTANT

Kristina Coggins is a professional actress for 13 years working on stage, television, and voiceovers. Her love of literature prompted her to become an audiobook narrator and producer, where she voiced the characters of Disney movies for Korean English language learners. She directed young people in plays and musicals, and helped them craft and tell their own stories using the Hero's Journey model. She also writes and performs her personal stories, and is an active member in a memoir group, mastering the art of storytelling.

In 2015, she received her coaching training through iPEC (Institute for Professional Excellence in Coaching) where she began her coaching practice. Through this journey, she started to recognize and honor individual's creativity, energy and confidence, and the ability to translate these messages through public speaking has been enlightening and rewarding.

Kristina Coggins has been led by her creative curiosities throughout her life and her book, *Creative Awakening*, was conceived after witnessing her client's transformation when they begin to create, write and publicly speak to share these experiences.

Kristina has two wildly creative grown children who continue to teach and inspire her. In spite of her many attempts, she has never been able to sing like Patsy Cline, nor has she ever mastered the art of packing light.

