

KRISTEL BAUER



INTRODUCTION

Ladies and gentlemen, it is my honor to introduce Kristel Bauer, a corporate wellness and performance expert who has dedicated herself to empowering organizations and individuals to unlock their full potential at work and in life.

Kristel is an Integrative Medicine Fellow, TEDx speaker, contributing writer for Entrepreneur and the creator and host of her global top 1% podcast, Live Greatly. Kristel pulls from her experience in healthcare and business to share actionable insights, wisdom, and a transformative vision to help you attain more happiness and success in your work/life.

Please help me in welcoming Kristel Bauer to the stage!