

Media Kit

Kristin Sparks

CEO, Executive Director, Author, Speaker, Radio TV Host. Podcaster



BARRETT VALUES CENTRE
LEADERSHIP & COACHING
CERTIFIED CONSULTANT



INFINITE POSSIBILITIES
CERTIFIED TRAINER

About Kristin

"I am a pull-up your bootstraps kinda gal, always landing on my feet no matter the life challenge." -Kristin Sparks

When I was little, my Granny would share stories with me, of great adventure, always with me as the hero and never a damsel in distress. Her stories painted me as the brave, wielder of the sword out on some quest, scaling mountains, slaying dragons and dancing on the winds of life.

As I got older, I lost that magic. I lost my faith and direction and I had forgotten what it was like to feel empowered and brave. In 2013 I suffered a fall that left me wheelchair-bound and later, I battled and survived cancer.

Over the years, I faced many challenging moments. The embers of my Granny's stories sparked in me, once again, when I realized how many women experience these same moments in their lives. I knew that we can all feel empty, directionless, and alone. I found that positive thoughts and words have power.



As the Founder and CEO of WRAR Inc., I guide women on how to restore joy, live in abundance, and rediscover the sparkle that shows us that life is full of magic, wonder and infinite possibilities. I found my courage and resilience when I chose to reconnect with the hero in my own story again, and to help countless women become the heroes in theirs.

To all the women who feel alone or lost, I am reaching my hand out to you. Join me, and together we will scale mountains, slay dragons and dance with the wind again.

NonProfit Association:

I am the Executive Director of the The Sister Wyrld Foundation, an organization that supports women on their journey of self-transformation by celebrating our differences!

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W-R-A-R-T-V-

JAN FRASER INSPIRED LIFE SERIES

The Book On JOY

WRITTEN BY
30 Heart-Centered Phenomenal
Women Authors Including: Kristin Spakrs



Foreword by Jack Canfield, co-creator of Chicken Soup for the Soul® and co-author of The Success Principles™

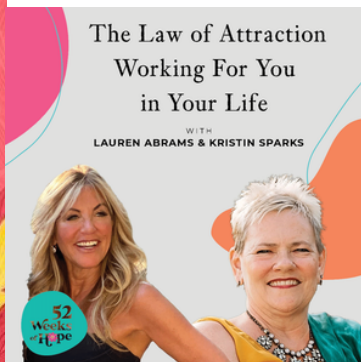
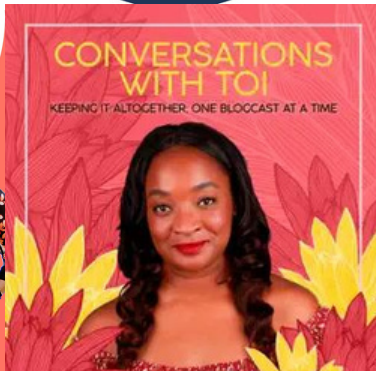


ROOTS OF FIRE
Retreat



Personal Blog

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Contact Kristin



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"If you want something done right, you go to the expert — and Kristin Sparks is the guru when it comes to cultivating joy. Direct, authentic, and connected to her inner light, Kristin has a talent for helping people see the opportunity in the adversity. Her words are thoughtful and clear, and she has an uncanny knack for speaking directly to the soul of each and every person she meets..." - Allaya Cooks-Campbell