

Kristel Bauer

Corporate Wellness and Performance Expert; Author of Work-Life Tango; TEDx Speaker; Host of Top Podcast "Live Greatly"; Contributing Writer for Entrepreneur

Kristel Bauer is a corporate wellness and performance expert, keynote speaker and TEDx speaker supporting organizations and individuals on their journeys for more happiness and success. She is the author of Work-Life Tango: Finding Happiness, Harmony, and Peak Performance Wherever You Work (John Murray Business November 19, 2024). With Kristel's healthcare background, she provides data driven actionable strategies to leverage happiness and high-power habits to drive growth mindsets, peak performance, profitability, well-being and a culture of excellence. Kristel's keynotes provide insights to "Live Greatly" while promoting leadership development and team building.

Kristel is the creator and host of her global top self-improvement podcast, Live Greatly. She is a contributing writer for Entrepreneur, and she is an influencer in the business and wellness space having been recognized as a Top 10 Social Media Influencer of 2021 in Forbes. As an Integrative Medicine Fellow & Physician Assistant having practiced clinically in Integrative Psychiatry, Kristel has a unique perspective into attaining a mindset for more happiness and success. Kristel has presented to groups from the American Gas Association, Bank of America, bp, Commercial Metals Company, General Mills, Northwestern University, Santander Bank and many more. Kristel has been featured in Forbes, Forest & Bluff Magazine, Authority Magazine & Podcast Magazine and she has appeared on ABC 7 Chicago, WGN Daytime Chicago, Fox 4's WDAF-TV's Great Day KC, and Ticker News. Kristel lives in the Fort Lauderdale, Florida area and she can be booked for speaking engagements worldwide.