

# **Dr. Kristen Lee**

## **Speakers Packet**



**Behavioral Science Expert. Burnout Specialist.  
Author. Speaker. Recovering Perfectionist.**

# About

When you bring a speaker into your group or organization, you want someone who can inspire action. The last thing you need is *death by PowerPoint*, or someone who is disconnected from everyday demands and realities. You need the right blend of science and story that gets people moving in the right direction. Dr. Kris delivers an energetic, relatable, high-impact message based on over twenty years as a clinician, educator and researcher to spur on positive behavioral change.

Dr. Kristen Lee, Ed.D., LICSW, known as “Dr. Kris”, is an internationally recognized, award-winning behavioral science professor, clinician and author from Boston, Massachusetts.

As the Lead Faculty for Behavioral Science at Northeastern University, Dr. Kris’s research and teaching interests include individual and organizational well-being and resilience, particularly for marginalized and underserved populations. She operates a clinical and consulting practice devoted to preventing and treating burnout and is the author of *RESET: Make the Most of Your Stress*, Winner of the Next Generation Indie Book Awards Motivational Book of 2015, and *Mentalligence: A New Psychology of Thinking*. She is a regular contributor for the Huffington Post and Psychology Today. Dr. Kris’s work has been featured on NPR and CBS radio.

Dr. Kris is a Licensed Independent Clinical Social Worker known for her advocacy in promoting increased mental health integration in social policies and institutions to facilitate access and improved health outcomes in the U.S. and across the globe. She has served as a U.S. federal grant reviewer for the Departments of Minority Affairs, Substance Abuse and Mental Health Administration, and Health

and Human Services. She is a member of the National Association of Social Workers and the American Psychological Association. She holds a BS from Worcester State University, MSW from Boston University and an Ed.D. from Northeastern University. In 2011, Dr. Kris was the recipient of an Excellence in Teaching Award from Northeastern University for her “depth of knowledge” and “engaging teaching style”. In 2015, she was honored with the Distinguished Professional Achievement Award from Worcester State University as “a leader who lives by the highest intellectual and ethical standards”.

Dr. Kris’s signature ability to engage with a diverse range of audiences has led her to be invited to speak nationally and internationally to students, educators, health and mental health professionals, business leaders and general audiences. Her knowledge relates not only to her professional expertise, but several key life experiences: her personal battle with perfectionism and anxiety while working in high demand roles and parenting her two children, now ages 21 and 18. Because of her unique lens and her down-to-earth style, she is a sought-after speaker known for her humor, positive presence and intellectual savvy.

# Talks and Topics

Choose from a wide range of topics, tailored to suit your organization's needs. All talks can be adapted and delivered as keynotes, workshops or professional development sessions.

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**Cultivating Resilience in Today's Complex World.** In this Age of Anxiety, resilience must be cultivated to help us navigate and leverage stress. Learn evidence-based habits and mindsets to help protect against the risk of burnout, exhaustion and overstimulation that are mainstays in our 24-7 always-on world. Based on [Reset: Make the Most of Your Stress; Your 24-7 Plan for Well-being.](#)

**Rethink Your Way to the Good Life.** One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors. Learn to apply a process of behavioral change using four lenses to stay agile and steer your brain towards what positive psychologists call "The Good Life", one where we can flourish and bring impact. Based on [Mentalligence: A New Psychology of Thinking: Learn What it Takes to Be More Agile, Mindful, and Connected in Today's World.](#)

**Your Mental Health is More Important than Your Grades.** Today's students are required to jump through hoops in our hypercompetitive market. Increased opportunities have led to increased stress levels. This talk provides students with a toolbox for navigating the skyrocketing mental health crisis. Based on the viral Huffington Post [article](#).

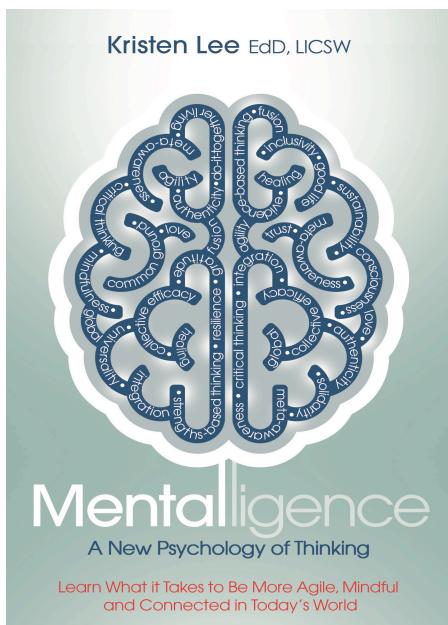
**Mitigating the Education Mental Health Crisis.** Across the lifespan, educators are required to support the learning and growth of students. In today's high stakes arenas, competing demands can compromise well-being for students and educators alike. This talk provides educators with a toolbox for preventative and integrative approaches to serving students across the educational spectrum. It also includes a "double dip" of protective strategies for educators to sustain themselves in today's complex educational arenas. Based on the Harvard McLean [talk](#).

**Authentic Personal Branding.** Has authentic become the new fake? New research on identity and resilience reveals novel pathways for success that don't compromise the real you. Learn to articulate a values-based personal brand, and identify proactive behaviors for navigating the world of work and beyond. Learn the secret to imposter-proofing and avoiding fake-it-to-make it tendencies. Based on the [TedX talk, The Risk You Must Take.](#)

**Parenting is Messy Work.** When our kids are anxious, we suffer too. Generational norms have shifted dramatically, and there are as many parenting styles as there are cereal choices. The pressures to hyper-parent can leave us second guessing our decisions and on the hunt to find ways to maintain a healthy family rhythm. This talk provides parents a toolbox for raising resilient children, and offers evidence-based strategies for parents to draw upon for their own well-being. Based on the Psychology today [article, When Your Kid Emotionally Throws Up on You.](#)

# Published Works: Books, Blogs, Articles

Five-cent pop psychology strategies don't take us very far. In this post-truth era, evidenced-based strategies are needed to make the most of life and find ways to thrive. All of Dr. Kris's work is grounded in clinical knowledge and academic research, but rejects traditional ivory tower methods that are esoteric and so theory heavy they are hard to apply. Her work has been called "the right blend of science and story" and "sage advice".



## **Mentalligence: A New Psychology of Thinking: Learn What it Takes to be More Agile, Mindful and Connected in Today's World. (2018)**

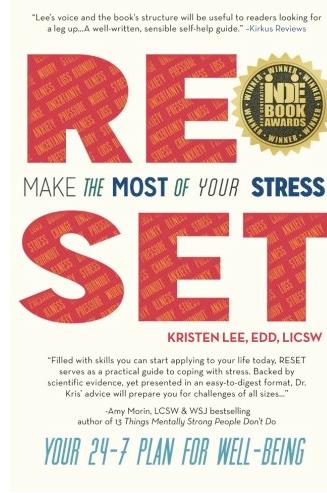
One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors. The same mind that gets us stuck is the same one that can set us free. It's time to rip up the script society hands us, breathe deep, and reclaim a healthy definition of success that doesn't compartmentalize your mind, body and soul. We need a new organizing framework that allows more flexibility and moral grounding—one that lets science, emotion and spirit to fuse.

Too often, life's disorienting moments can leave us tumbling into messy, downward spirals. We lose clarity, and are held hostage by blind spots that keep us from thriving. We fall into common mindless behavioral traps which lead to perpetual patterns of shutting down, numbing out, binding up and staying stuck. In this uniquely liberating book, Dr. Kristen Lee teaches us how to apply a process of behavioral change using a series of different lenses, to steer our brains to overcome blind spots and cultivate Upward Spiral habits.

A leading expert on resilience and behavioral science, Dr. Kristen Lee developed this new psychology of thinking model from over twenty years of clinical practice, the latest neuroscience, and her own research findings. Mentalligence [men-tel-i-juh-ns] is a sage guide that will help you build meta-awareness by emphasizing an impact-driven rather than a performance-obsessed mindset, and adopt a model of 'collective efficacy' that is less I-focused and more we-focused, to facilitate positive social impact at a time when it's desperately needed. This is what psychologists call 'The Good Life'—living mindfully and consciously. Rather than falling for predominant definitions of 'success' that leave us boxed in, depleted,

and oblivious to ways we can work together, Mentalligence helps us find the thinking and behavioral agility to work towards better outcomes for all.

## **RESET: Make the Most of your Stress: Your 24-7 Plan for Well-Being.** (2014)



RESET was named Motivational Book of 2015 Winner and a Finalist in the Self-Help and Health and Wellness categories by Next Generation Indie Book Awards. RESET has been called "a breakthrough model that reframes our ideas about stress", and "an excellent guide chock full of practical strategies, insightful stories, and wise advice for anyone who experiences stress in their daily work". There are far too many 5-step, simplistic models of stress reduction to go around. Reset offers a fresh perspective that is not only backed up with years of research and clinical practice, but presented in a way that allows each reader to take into account their own circumstances and develop a plan for well-being that actually works. When you feel the negative effects of stress and anxiety, RESET's components will help you get your bearings and

recalibrate: Realize. Energize. Soothe. End Unproductive Thinking. Talk it Out. Whether you know it or not, you're already responding to stress-either constructively or destructively. Read RESET to develop a plan that is unique to you and your circumstances to better equip you to respond to the challenges before you and make the most of your stress.

Psychology Today

**The Price of Choice:** Are the endless choices we're presented with making us anxious?

## Rethinking the College Mental Health Crisis

- Is our definition of resilience too narrow? Research says yes
  - Is our game of hide-and-don't-seek proving a disaster?
  - Do popular myths prevent a vision for needed change?

Huffington Post

## Rethinking the College Mental Health Crisis: Do Bubble Wrap and Special Snowflake Myths Prevent a Vision for Needed Change?

## Why you need to fire your inner Monday morning quarterback

These two power sisters helped save the day (and night) in 2016

# Representative Venues & Testimonials

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| Harvard Kennedy School   | Quincy College   |
| Virgin Pulse   | Boston Ballet  |
| Johnson & Johnson  | Association of Women in Science                          |
| McLean Hospital  | National Association of Social Workers                   |
| National Institute on the Teaching of Psychology                 | Society of Women Engineers                               |
| Vancouver International Conference on the Teaching of Psychology | Smith and Nephew   |
| National Association on Mental Illness                           | NASPA Student Affairs Administrators in Higher Education |
| Americorps   | Covidien   |
| Massachusetts Association for College Advisors                   | Ever Fi  |
| Massachusetts School Superintendent Conference                   | Women Accelerators                                       |
| Taipei International School                                      | University of New Mexico Mentoring Institute             |
| Girl Scouts of America   |  |
| Emerson College  |  |

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"RESET is informative, practical, and reader friendly. Anyone wanting to lead a more resilient life will benefit from Dr. Kris's strategies, sense of humor, and sage advice..."

-Robert Brooks, Ph.D., Harvard Medical School faculty and author and co-author of 16 books including *The Power of Resilience: Achieving Balance, Confidence and Personal Strength in Your Life* and *Raising Resilient Children*.

“Filled with skills you can start applying to your life today, RESET serves as a practical guide to coping with stress. Backed by scientific evidence, yet presented in an easy-to-digest format, Dr. Kris’s advice will prepare you for challenges of all sizes...”

-Amy Morin, LCSW & WSJ bestselling author of *13 Things Mentally Strong People Don’t Do*

“Open this book anytime you need a reset. Dr. Kris is a breath of fresh air, giving us just the right blend of science and story. Don’t miss your chance to find newfound peace and presence and work and home...”

-Agapi Stassinopoulos, Author of *Unbinding the Heart* and *Wake Up to the Joy of You.*

“Lee’s voice and the book’s structure will be useful to readers looking for a leg up...A well-written, sensible self-help guide.”

-Kirkus Reviews

“Dr. Kris is an engaging, interesting speaker who did a great job combining informative “lecture” on the psychology of stress and self-care, with interactive discussion...I walked away with concrete strategies I can use to manage my stress and sustainability in my work...”

-Harvard Kennedy School participant

“Simply phenomenal—passionate, practical, interactive, relatable...she has the ability to connect with the audience and touch each person individually, and she is empowering, intelligent and persuasive—I can envision her as a role model for many...”

-Harvard Mental Health and Education participant

“Practical strategies, insightful stories, and wise advice for anyone who experiences stress in their daily work...”

--Carol Pelletier Radford, Ed.D., CEO of Mentoring in Action and author of five mentoring books including *Mentoring in Action: Guiding, Sharing and Reflecting with Novice Teachers* and *The First Years Matter: Becoming an Effective Teacher*.

“Many of us have been told that stress is bad and that we should do what we can to prevent or avoid it. Given so many aspects of our lives are unpredictable, stress is natural and inevitable. RESET gives practical advice on how to recognize and accept when we are stressed; own that feeling and situation; and turn that stress on its head to our benefit. Dr. Kris is just like us who experience stress and issues; she just found a way to make life more enjoyable and she's sharing these tools through RESET so that more of us can live (not manage) our lives...”

-- Siu Ming Luie, Ph.D., Northeastern University

“RESET offers a breakthrough model that reframes our ideas about stress in support of well-being. The format is practical and engaging. The book is a must-read for those who want to turn everyday experience into opportunity for positive change...”

-Cameron Marzelli, Ph.D., Lesley University, CEO of Still Woman.

# Contact

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**Mini bio for promotion:** Dr. Kristen Lee, Ed.D., LICSW, known as "Dr. Kris" is a recovering perfectionist and an award-winning author, clinician, researcher, educator, speaker and activist with over twenty years of experience. As lead faculty for Behavioral Science at Northeastern University in Boston, her research and teaching interests include individual and organizational well-being and resilience, particularly for marginalized and underserved populations. She is the author of Indie Book Award's 2015 Motivational Book of the Year, *Reset: Make the Most of Your Stress and Mentalligence: A New Psychology of Thinking*. Dr. Kris's work has been featured on NPR and CPS radio. Her signature ability to engage with a diverse range of audiences has led her to be invited to speak nationally and internationally to students, educators, health and mental health professionals, business leaders and general audiences. Some of the venues she speaks at include Harvard University, Ted X, Virgin Pulse, and Johnson & Johnson. In her spare time, she can be found out on the running trails, attempting tricky yoga poses, eating peanut butter cups and drinking kale juice—but not all at once.

**"Learning is everything, everything is learning..."**

**--Dr. Kristen Lee**