

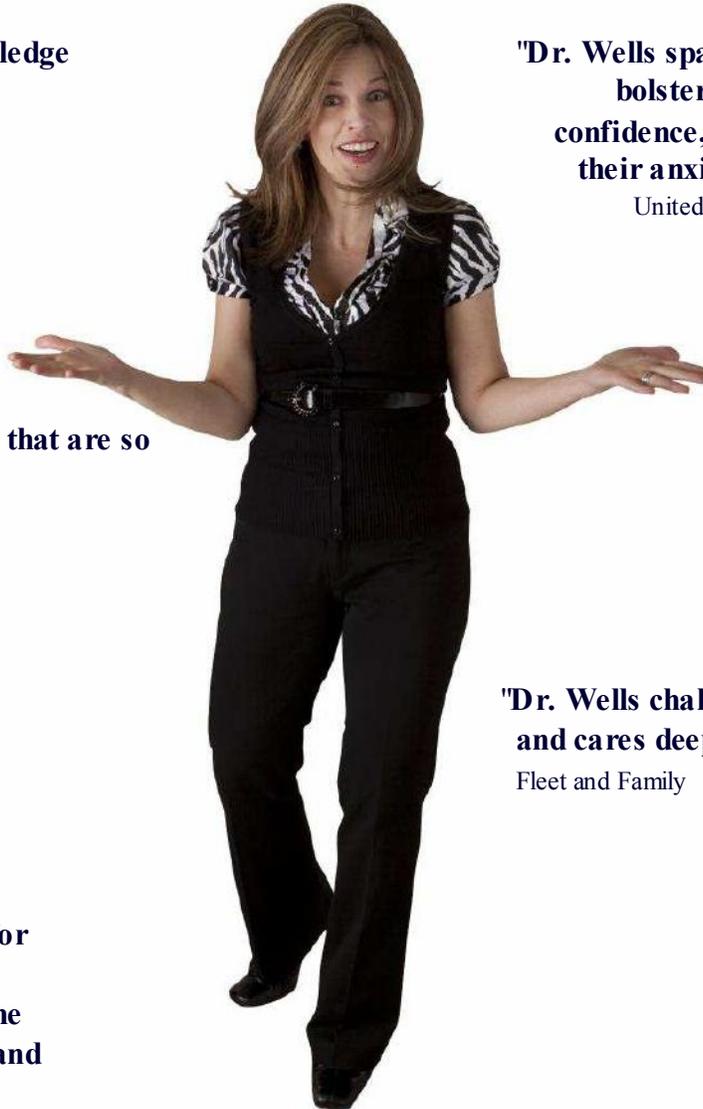
"Dr. Wells demonstrates her knowledge of spouse's current issues in her dynamic, uplifting, and heartfelt delivery."

United States Navy

"Dr. Wells shares personal stories that are so inspiring; she has a unique way of making us laugh and cry at the same time!"

United States Army

"Dr. Krista Wells is a role model for military spouses throughout all branches of the armed services. She inspires spouses to set high goals and take action!" United States Air Force



"Dr. Wells sparks motivation, bolsters spouse's inner confidence, and transforms their anxiety into action."

United States Marine Corp

"Dr. Wells challenges, inspires, and cares deeply for spouses."

Fleet and Family

"Military spouses really CAN HAVE IT ALL! Her passion and heart for this population is evident, giving credibility to her work!" Kim Myers; Community Readiness Consultant; Joint Base Andrews, MD

"Dr. Wells has spoken several times at our national Military Officers Association of America spouse symposium in front of over 200 military spouse attendees on a variety of topics such as work-life balance, military marriage, portable professions, and the power of networking."

Military Officers Association of America

"In her speeches, she distills her years of experience and presents dynamic, uplifting speeches so relevant to the current military spouse climate." Sue Hoppin, National Military Spouse Association.

Krista Wells, Ph.D. and certified career coach with the International Coaching Federation.

Whether it is through speaking, coaching, or workshops, Krista assists hundreds of military spouses to build their confidence, cope with transitions, and find careers they love while supporting their service members. She has been hosted several times on Army Wife Talk Radio and Navy Wife Talk Radio. She is a contributing writer for Military Spouse magazine, Military Money, and several online publications such as milspouse.com, CinChouse.com, and military.com. She has presented keynote speeches at several Military Spouse Award ceremonies, spouse events, and spouse conferences. She is an active member of the National Military Spouse Association, an organization that empowers, educates, and connects professional military spouses.



Dr. Wells Walks the Talk ...

Krista loves sharing real-life stories with the military spouse community. Not only is she a military spouse herself, balancing her successful career with the chaos of raising four children, she humorously admits that she is "off balance," and gives her audiences permission to forget perfection and strive for success using her fun and—yes! *forgiving* formula. Krista teaches us that instead of trying to create a "stress-free" and "balanced" life, we should learn how to sit back and enjoy the waves as they come and recognize the importance of finding our passion. She understands that many spouses are facing high tempo deployments, attending school, and seeking a "portable profession," all while trying to remain supportive spouses. She lovingly reminds us that by taking it one day at a time that we can HAVE IT ALL!

Krista Wells, Ph.D.
Wells Consulting Services, LLC
860.521.8422
www.militaryspousecoach.com



Your life matters! Live it!

Rates:

Keynote Speeches	Upon request	One (up to 45-minute) speech or two (60-90 minutes each) workshops as part of an all-day event, such as a conference panel participation or serving as a topic area expert.
One Day Workshop		Two (120-150 minute) structured workshops, including activities and an interactive discussion.
1/2 Day Workshop		One (60-90 minute) structured workshop, including an activity and an interactive discussion.

Materials:

Prefer printing handouts in house for audiences larger than 30 participants.

Career Discovery Assessment/Group Activity

Life Coaching /Career Discovery Color Handouts

Per Person

negotiable fee

Travel Expenses:

1/2 Day Workshop—One (1) night hotel, flight, ground transportation and parking.

1 Day Workshop—Two (2) nights hotel, flight, car rental and parking.

Krista Wells, PhD
Wells Consulting Services, LLC
860.521.8422
www.militaryspousecoach.com