



Unleash Full Potential by Increasing Emotional Intelligence, Mastering Stress & Achieving with Ease

Kelli Risse

SIGNATURE PROGRAMS

- ACHIEVING WITH EASE: WHEN OVERWORKED, OVERWHELMED, AND OVERSTRESSED ISN'T WORKING
- FROM PANIC TO PEAK PERFORMANCE: OVERCOMING THE AVALANCHE OF WORKPLACE ANXIETY
- FROM EXPERT TO EXCEPTIONAL: BUILDING LEADERS TO THRIVE UNDER PRESSURE

Trusted by:



As seen in:



WELLNESS & PEAK PERFORMANCE SPECIALIST

Kelli Risse is a National Wellness & Peak Performance Specialist who empowers high-achieving individuals, teams and organizations to master stress, unleash hidden potential and strengthen emotional intelligence. Kelli combines her expertise in neuroscience, communication, behaviors and emotional intelligence to help silence the noise and chaos, and increase productivity, engagement, well-being and success.

As a champion for both success and well-being, Kelli provides strategies and guidance through keynotes, workshops and coaching. Her extensive expertise as a Neuro-Linguistics Programming Trainer & Practitioner, TTI Insights Emotional Quotient Certified Consultant, Master Transformational Certified Life and Health Coach, Speaker, International Best Selling Author, and Stress Mastery Expert has helped elevate and transform thousands of lives. Kelli uses straight talk, relatable stories and humor to set audiences at ease. Utilizing her 20+ years of teaching experience and performance background, Kelli integrates knowledge, entertainment and practical application to create self-awareness and inspire change.





CHRISTEN PERRY

CEO Classic Travel Connections



"WOW! Kelli's presentation was exactly what my team needed to hear. Her energy is uplifting and inspiring!"



ANGEL MAGASANO

CEO Little Black Book: Women in Business



"Kelli's presentation at our BECOME Women's Day of Inspiration Conference was dynamic and a favorite of the attendees."



MARK KURKOWSKI

Owner Kurkowski Consulting & Training



"Very informative. Great presenter and presentation!"



DENA HULL

VP of Strategic Planning & Communications



"Kelli is relatable, engaging and managed to make a serious topic entertaining. Her practical solutions are easy to implement."



**TO BOOK KELLI FOR YOUR NEXT EVENT
CALL 314-363-9005 NOW!**



Kelli@kellirisse.com



@Kellirisse



314-363-9005



@Kelli_Risse



kellirisse.com



@Kellirisse



St. Peters, MO



Winning In Business

