



Kristin Bock Bios

Micro



Micro- 51 words

Kristin Bock works with professionals to leverage nonverbal cues so they can stand out in person, in presentations, and in the digital world. Kristin—aka Woman Determined to Skyrocket Your Success Using the Science of Body Language—is the founder of Body Language Blueprints, an online platform for enhancing communication skills.



Kristin Bock Bios

Short



Short- 217 words

Kristin Bock works with professionals to leverage nonverbal cues so they can stand out in person, in presentations, and in the digital world. Kristin—aka Woman Determined to Skyrocket Your Success Using the Science of Body Language—is the founder of Body Language Blueprints, an online platform for enhancing communication skills.

Kristin is on a mission to help leaders provide the nonverbal respect everyone wants and needs. In 2018, Bock left her job of 25+ years to pursue her love of body language and believes it's more imperative today than ever. With workplace dynamics rapidly changing and evolving, she's committed to teaching professionals and leaders its critical importance in building connection and promoting inclusion. Kristin believes that showing civility, including to those with differing viewpoints, is needed now more than ever. Or, as her grandpa used to say, "We're all quirky different, so you better know how to relate!" Kristin partners with leaders to improve their self-awareness and interactions with others. She has given numerous talks about connecting with people virtually, has coached TEDx speakers, and has been featured on The List.

Kristin self-identifies as a "Nonverbal Nerd" and hopes to one day be viewed as cool by her children. She is a thought-bubble enthusiast and only once did she meet a seven-layer bar she didn't like.



Kristin Bock Bios

Long



Long- 351 words

Kristin Bock works with professionals to leverage nonverbal cues so they can stand out in person, in presentations, and in the digital world. Kristin—aka Woman Determined to Skyrocket Your Success Using the Science of Body Language—is the founder of Body Language Blueprints, an online platform for enhancing communication skills.

In 2018, Bock left her job of 25+ years to pursue her love of body language and believes it's more imperative today than ever. With workplace dynamics rapidly changing and evolving, she's committed to teaching professionals and leaders its critical importance in building connection and promoting inclusion. Kristin believes that showing civility, including to those with differing viewpoints, is needed now more than ever. Or, as her grandpa used to say, "We're all quirky different, so you better know how to relate!"

Kristin is a certified body language trainer through The Science of People under Vanessa Van Edwards, national best-selling author of "Cues" and "Captivate." She holds a Bachelor of Arts degree in Psychology from UW-Eau Claire in Wisconsin and has over two decades of non-profit experience in the caregiving field. Kristin has worked in a variety of positions, including being a Live-in Manager at a group home with five intellectually disabled men (where the body language seed was first planted)! She has over 15 years of experience as an Employee Trainer and in this role became keenly aware of the power of body language (because standing in front of groups didn't come naturally). During the pandemic, Kristin started partnering with leaders to improve their self-awareness and interactions with others. She has given numerous talks about connecting with people virtually, has coached TEDx speakers, and has been featured on The List, a national Emmy award-winning TV show. Kristin and her family have hosted exchange students from Indonesia, Malaysia, Argentina, Turkey, Lebanon, Egypt, and Tunisia, and enjoy learning about other countries, cultures, and nonverbals!

Kristin Bock self identifies as a "Nonverbal Nerd" and hopes to one day be viewed as cool by her children. She is a thought-bubble enthusiast and only once did she meet a seven-layer bar she didn't like.