



Kristin Bock Bios

Micro



Micro- 50 words

Kristin Bock is a professional speaker, charisma consultant, and founder of Body Language Blueprints. She helps professionals become Social Legos—people who click with others—by using body language and nonverbal cues to build trust and connection. She's also the creator of The Calm Charismatic, a newsletter for quietly magnetic humans everywhere.



Kristin Bock Bios

Short



Short- 150 words

Kristin Bock is a professional speaker and charisma consultant who works with professionals to become Social Legos—people who click with others—by teaching them how to master nonverbal cues, build trust, and spark connection both online and in person.

A former nonprofit leader turned body language expert, Kristin draws from decades of experience (and a dash of quirky charm) to help teams, leaders, and everyday humans boost their presence and communicate with confidence.

She's been featured on The List (an Emmy Award-winning national TV show), coached TEDx speakers, and spoken to thousands across the country. Whether she's guiding professionals on how to command a room or show up with warmth in the digital world, Kristin's mission is clear: help people show up as their most magnetic selves.

Her signature question? "When you walk into a room... what walks in with you?"

She's also the voice behind The Calm Charismatic—a newsletter for those who believe quiet confidence is the new power move.



Kristin Bock Bios

Long



Long- 300 words

Kristin Bock—aka Woman Determined To Make Sure People Feel Seen & Heard—is a professional speaker, charisma consultant, and founder of Body Language Blueprints. She works with professionals to become Social Legos—people who click with others—by teaching them how to master nonverbal cues, build trust, and spark meaningful connection both online and in person.

She's also the creator of The Calm Charismatic, a twice-monthly newsletter for those who believe quiet confidence is the new power move.

Kristin's fascination with body language began in a group home where she worked as a live-in manager with five intellectually disabled men. That experience sharpened her ability to read subtle cues, respond with empathy, and tune into what wasn't being said. It laid the foundation for her belief that presence starts with perception—and that connection often begins before words are spoken.

Since launching her business, she has:

- Coached TEDx speakers
- Delivered keynotes across the country
- Been featured on The List (an Emmy Award-winning national TV show)

She's known for making behavioral science approachable, practical, and full of personality. Whether she's helping professionals command a room or show up with warmth in the digital world, Kristin's mission is clear: help people show up as their most magnetic selves.

Her signature question:

"When you walk into a room... what walks in with you?"

Kristin and her family have hosted exchange students from around the world—and she loves observing cultural cues and trading stories that spark mutual understanding and connection. She self-identifies as a "Nonverbal Nerd," is a die-hard speech bubble enthusiast, and only once met a seven-layer bar she didn't like. She's still holding out hope that her children will one day think she's cool.