

"You are an incredibly captivating speaker and many of us are still buzzing about your presentation over lunch."

Sydney Van Cuick, Executive Assistant, First State Bank

KRISTIN BOCK · BODY LANGUAGE & DIGITAL PRESENCE SPEAKER

Your New Leaders Are Competent. Are They Trusted?

Kristin shows emerging leaders how to close the connection deficit by mastering the unspoken side of communication, so their presence matches their competence.

TEDx speaker · Certified body language trainer · Thousands of professionals trained (*and zero capes*)



PROGRAMS About 60 minutes each, in person or virtual, and they flex to fit your agenda (*think accordion, minus the polka*)

SIGNATURE KEYNOTE

Tune Into Your Cues

How to Avoid Cue-lessness and Turn Your Interactions Into a Superpower!

- ★ **Decode** the split-second cues that decide who gets trusted
- ★ **Combine** warmth and confidence to build charisma on purpose
- ★ **Escape** the Zero Cue Zone (*a "neutral" face rarely reads neutral*)
- ★ **Apply** SAS: Spot what you send, Assess what lands, Shape how you show up

FACE BODY VOICE

WORKSHOP · CULTIVATING CHARISMA

The Cues You Show When You Arrive

Discover whether you lean warm or confident

Read warmth and confidence in a face, a stance and a voice

Build a personal cue profile and a plan to use it

SPACE STYLE DIGITAL

WORKSHOP · CULTIVATING CHARISMA

The Cues You Set Before You Arrive

Write emails that sound human, and still credible

Show up on camera with real presence

Use space and style to signal warmth and confidence on purpose

ALL 6 CHANNELS

TEAM SERIES · 6 SESSIONS

The Unspoken Advantage

Master all six cue channels, one live hour at a time

Practice between sessions so new habits stick

Grow together as a team, virtual or in person

Cues are clues.™

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Watch Kristin speak
Scan for the speaker reel





THE 6 CUE CHANNELS

Your Cues Are Always Talking

Every Kristin program is built on these six channels. Here's a sneak peek, plus one thing to try today.

WHAT YOUR TEAM IS THINKING

"Is she annoyed with me?"

FACE

Your resting face is talking, even when you aren't.

Try this: raise your eyebrows slightly when someone starts talking. It reads as interest.

BODY

Posture and gestures set your confidence level before you speak.

Try this: keep your hands visible. Hidden hands make brains a little nervous.

VOICE

Tone carries the meaning your words leave out.

Try this: let your pitch drop at the end of a statement so it doesn't sound like a question.

SPACE

Your office and your on-camera background talk about you.

Try this: look behind you. Clear the clutter and keep one item that starts a conversation.

STYLE

Clothes, colors and surroundings speak first.

Try this: choose one signature detail people can remember you by.

DIGITAL

Your emails, camera angle and profile photo arrive before you do.

Try this: raise your camera to eye level. Nobody trusts a ceiling fan.

WHAT AUDIENCES SAY

"Kristin's content was highly customized and delivered in an engaging way through her fun personality, unique slides and self-quizzes. Most importantly, the content was actionable."

Alexis Bornstein, Director of Talent, Blank Rome

"In every presentation I have heard her do, she brings comfort along with a delightful sense of humor that just adds to her ability to engage with the audience."

Michelle Madl, MS, Founder, weHub LLC

"Kristin's presentation on body language is engaging and helpful to ANYONE working with people!"

Kathryn Snell, Special Events Coordinator, City of Oshkosh

KRISTIN HAS WORKED WITH

Associated Bank · American National Bank · Fortifi Bank · National Exchange Bank & Trust · Thrivent · Taft Law · Blank Rome · Wisconsin Bankers Association · Illinois Credit Union League · North Dakota CPA Society · Kentucky NIGP · SHRM · ATD · Epic · J.J. Keller · Fox Cities Chamber of Commerce

MEET KRISTIN

Kristin spent 25+ years in caregiving, starting on the front line in direct care and eventually leading the training department. In 2018 she founded Body Language Blueprints. She's a TEDx Oshkosh speaker, a certified trainer through Science of People, and has been featured on The List and WFRV Local 5. (She's also been told she looks like Edna Mode. No capes.)

Book Kristin: kristin@bodylanguageblueprints.com · 920-410-2618

Bios, headshots & intros: bodylanguageblueprints.com/meeting-professionals

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