

Introducing

KERSTIN LINDQUIST

GROWTH STRATEGIST |
SPEAKER | AUTHOR | COACH



INKWELL *ink* MGMT


ABOUT KERSTIN

Over the last twenty years, Kerstin has connected on a personal level with her more than 150 million viewers on QVC and network news through confident vulnerability and the curated ability to tell a story that makes you feel. She currently hosts one of the most-watched shows on QVC. Her skillful communication drives more than 250 million dollars a year in direct sales through her presentations on air and online.

Kerstin is an IIN and board-certified health coach and Chief Wellness Officer. She's a contributor to publications such as Sail Magazine, Vibrant Life, FoxNews.com, and America Adopts. She is the author of two books on faith and wellness and has written three sold-out devotional journal/bible sets alongside Zondervan at QVC.

Kerstin is an Emmy Award-winning Journalist. She has her own lifestyle brand of clothing and books that generates over two-point-five-million dollars a year on QVC, through faith and wellness inspirational messaging. All of it stemming from her own experiences: health, infertility, adoption, familial addiction, grief, and abundant hope.

She's the first to tell you, her success is not of her; it's all the Lord's work through her. She is a member of the women's leadership team and the face of communications at one of the largest churches in Eastern Pa, Calvary Chapel Delaware County. Kerstin is hard fought for, grateful mom of three. Her family lives on a sunny hill in West Chester, PA. They spend their free time traveling to places with water, sun, and sand.

A black and white photograph of a woman with short, light-colored hair, identified as Kerstin Lindquist. She is holding a microphone and looking slightly to her left. The background consists of vertical blinds. A dark semi-transparent rectangle is overlaid on the bottom half of the image, containing white text.

She's the first to tell you it's not
of her, it's all God working
around her.

Kerstin Lindquist

Reduce stress. Wellness. Faith. Keynote speaker & Christian author.

KERSTIN LINDQUIST

As a keynote speaker, Kerstin's goal is to spark transformation and bring more meaning into people's lives. She connects with both individuals and organizations through messages that inspire, encourage, and give audiences tools they can really use. Her talks are filled with practical techniques to help people build confidence, resilience, and a sense of lasting fulfillment.

StREST – From Stress to Rest

In today's non-stop world, stress can feel unavoidable, but it doesn't have to run your life. Kerstin shares her proven framework for shifting from chaos to calm, blending personal experience with actionable strategies to help you create more peace, energy, and balance every day.

Key Takeaways:

- Learn how to identify your unique "stress triggers" before they take over.
- Discover simple, science-backed tools to reset your nervous system in real time.
- Walk away with daily practices that transform stress into an opportunity for clarity and renewal.

Change Your Morning, Change Your Life

How you start your day sets the tone for everything that follows. In this session, Kerstin reveals the power of intentional mornings, sharing rituals and mindset shifts that fuel productivity, improve focus, and elevate overall well-being.

Key Takeaways:

- Understand the direct link between morning routines and long-term success.
 - Build a personalized morning ritual that works for your lifestyle.
 - Learn small shifts that create big impact in energy, productivity, and outlook.
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Defining Your Purpose Through Your Core Values

Clarity is power. By uncovering and living by your core values, you can make decisions with confidence, create stronger connections, and live a life aligned with purpose. Kerstin guides audiences through the process of defining what matters most and applying it to both personal and professional life.

Key Takeaways:

- Discover the 3-step process to uncovering your core values.
- Learn how values-based decision-making reduces stress and builds confidence.
- Gain tools to align daily actions with your bigger purpose for lasting fulfillment.



SEE HER IN ACTION



“I’ve been running shows and conferences for over 40 years, and Kerstin Lindquist is one of the best, if not the best, hosts I’ve ever worked with. She is very cognizant of the goals of the event and takes every opportunity to ensure attendees are well-informed and excited to be there. She is also very easy to work with and quickly became a core component of our on-site management team. Her style is very natural and never forced. She’s also quick on her feet and adapts quickly to on-site challenges. I can’t recommend her enough.”

Bob Macgregor

President & CEO – Macgregor Communications

READY TO BOLDLY MAKE A MARK ON YOUR EVENT?

Inkwell MGMT is here to collaborate with you to bring Kerstin Lindquist's energy and expertise to your next event. Whether you're looking to inspire, motivate, or educate your audience, Kerstin Lindquist is ready to deliver a transformative experience.

Let's make it happen! Connect with Stevie Johns at Inkwell MGMT today, and together, what we create will be unforgettable.

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