

KRISTI SIMONS

PSYCHIC MEDIUM & SOUL COACH FOR WOMEN +TEENS | PODCAST HOST

Specializing in emotional intelligence & adolescent development

Focus: Deep connection with teens' inner world

Core outcomes: Building confidence, intrinsic motivation, self-love & empowerment

Approach: Combines emotional guidance with practical strategy & accountability



As a former teacher turned teen life coach, Kristi finds fulfillment in teaching teenagers what she wishes she knew, equipping them with the very tools and life skills she needed so desperately in her youth. For her, true intuition and confidence lies in the actions we take. And it's her heartfelt mission to continue to nurture that intuition within herself so that she sets an example for her own children, Hendrix and Beatrix, her family, her clients, and her community. She hopes to be their guide towards a future brimming with possibility... because anything is possible when you can be brave, trust yourself, and take action!



Through Kristi's Soul Readings, 1:1 Intensives, Group Coaching, Podcast, and more, her teen clients (age 12-22) gain a deeper awareness and understanding of:

- How to FEEL like things are actually working out for them.
- How to see change as the beginning of something incredible they are about to experience.
- How to develop motivation for the things they love.

LINKS

- [Confident Teen on Spotify](#)
- [Confident Teen on Apple](#)
- [Confident Teen on Instagram](#)

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