

Everything at Your Fingertips Speaker's Kit Dr. Kris Lee

Keynote Speaker. Best-Selling Author. Behavioral Science Expert.
Award-Winning Educator. Psychotherapist Comedian.

DR. KRISTEN LEE

Award-winning Behavioral Science
Speaker and Best-Selling Author

Bring the science of human resilience +
behavior change to your organization to optimize
talent, cultivate well-being, + prevent burnout.

VIEW SPEAKER REEL

SCAN ME



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About

When you bring a speaker into your group or organization, you want someone who inspires action. Humans learn best through humor and connection. The last thing you need is *death by PowerPoint*, or someone who's disconnected from everyday demands and realities. You need the right blend of science and story that inspires action. Dr. Kris delivers an energetic, relatable, high-impact message based on decades of service as a clinician, educator, and human resilience researcher to spur on positive change.

Dr. Kristen Lee, Ed.D., LICSW, (she/her) known as “Dr. Kris”, is a renowned behavioral science expert and psychotherapist from Providence, Rhode Island.

As Behavioral Science Faculty at Northeastern University, Dr. Kris's research and teaching interests include individual and organizational well-being and resilience, particularly for marginalized and underserved populations. Dr. Kris works with organizations and leaders around the world on how to use the science of behavioral change and human potential to build healthy mental health cultures that help prevent burnout and promote organizational and human sustainability. She operates a clinical practice where she specializes in serving those in health and social impact professions.

Dr. Kris is the author of *RESET: Make the Most of Your Stress*, Winner of the Next Generation Indie Book Awards Motivational Book of 2015, best-selling *Mentalligence: A New Psychology of Thinking*, and *Worth the Risk: Learn How to Microdose Bravery to Grow Resilience, Connect More and Offer Yourself to the World*, a 2022 Next Big Idea Club nominee and Nautilus Book Silver Medalist, and *Clean Slate: How to Make Change Happen*, hailed a “witty, easy to follow guide to personal transformation” by Kirkus Reviews. She is the Host of Crackin' Up: Where Therapy Meets Comedy. Dr. Kris is a regular contributor for Thrive Global

and Psychology Today. Her work has been featured on NPR, Fast Company, Forbes, TED, and CBS radio. Her Ted X Talk, The Risk You Must Take has over 429K views.

Dr. Kris is a Licensed Independent Clinical Social Worker known for her advocacy in promoting increased mental health integration in social policies and institutions to facilitate access and improved health outcomes in the U.S. and across the globe. She has served as a U.S. federal grant reviewer for the Departments of Minority Affairs, Substance Abuse and Mental Health Administration, and Health and Human Services. She is a member of the National Association of Social Workers and the American Psychological Association. She holds a BS from Worcester State University, MSW from Boston University and an Ed.D. from Northeastern University.

In 2022, she was awarded a doctorate in humane letters for her work in advancing the human condition and was the recipient of an MVP EdTech award for her work in campus mental health.

Dr. Kris's signature ability to engage with a diverse range of audiences has led her to be invited to speak nationally and internationally to students, educators, health and mental health professionals, business leaders, and general audiences. Her knowledge relates not only to her professional expertise, but her lived experience with anxiety and burnout.

No Canned Speeches

Here's a list of most popular topics, but the success of an event depends on collaborating in advance to ensure the message is crafted exactly for your audience's needs. Dr. Kris specializes in working with clients to develop salient, actionable content to advance your organizational goals. She offers in person full-day, keynote addresses, professional development (three cheers for CEU's!), retreats, and creative programming based on what you need to bolster your morale and cohesiveness. Available in person or interactive webinar. See LinkedIn profile for endorsements, and below for sample list of representative clients.

Creating and Sustaining Healthy Mental Health Cultures to Optimize Talent and Prevent Burnout in Health and Human Service Professions

Health and human service professionals bear disproportionate risks of burnout. Within today's complex systems that incubate such risks, healthy mental health cultures can contribute towards individual and collective well-being and efficacy. Research has shown various protective factors that can serve to optimize talent, build psychological trust, and to mitigate the risks and consequences of burnout. Learn to apply the science of behavioral change to help nurture and sustain human flourishing. Based on Dr. Kris's Grand Rounds Talk at Harvard Medical School/McLean's Nancy Black Simches Visiting Scholar Series.

Building Psychological Safety at Work

In the era of global mental health crisis, institutions, companies, and organizations are grappling with how to tend to the human needs and hand, while meeting outcomes and demands. Learn to apply principles of behavioral science to create a high-trust culture that inspires leaders and their employees to thrive and build resilience in today's intensive landscape.

Building Healthy Mental Health Cultures: How to Leverage Behavioral Science to Optimize Talent and Prevent Burnout

In this Age of Burnout and The Great Resignation, leaders and employees need tangible ways to optimize work environments that foster resilience, camaraderie, psychological safety, and trust. Learn evidence-based habits,

mindsets, and practices to help create organizational cultures that strive to protect against the risk of burnout, exhaustion, and overstimulation, while optimizing talent, strengths, and resources for individual and collective well-being.

Cultivating Resilience: What Leaders, Faculty, and Staff Can Do

The global and campus mental health crisis is bearing down on educators, leaders, and students alike. Today's times call for innovative strategies to respond to a wide range of learners during stressful, traumatic times. Institutions can seize opportunities to support students to cultivate resilience that helps sustain them in their academic, professional, and personal pursuits. The science of human flourishing reveals that aligning values with behavior can lead to better individual and collective outcomes. This keynote (or workshop) provides a "double dip" toolbox of interactive, practical, evidence-based strategies to cultivate resilience and build a culture of connection and positive impact. Based on numerous award-winning EdTech MVP and numerous articles by Dr. Kris.

Make Change Happen Leverage Behavioral Science to Fuel Your Aspirations

Change doesn't happen through simplistic advice like boss up or just do it. When we apply proven strategies, we can find momentum to drive positive outcomes. This hands-on experiential workshop, based on Dr. Kristen Lee's newest book, *Clean Slate*, will help you apply behavioral science to your everyday life to fortify your habits and mindsets that help you stay and do well.

Crackin' Up with Dr. Kris: Where Therapy Meets Comedy

If laughter is the medicine, let Dr. Kris and special guest comedians bring a one-of-a-kind therapy session meets comedy show experience to your organization. Build community, team work, and spread some cheer at a time where we need joy not frustrations to be contagious.

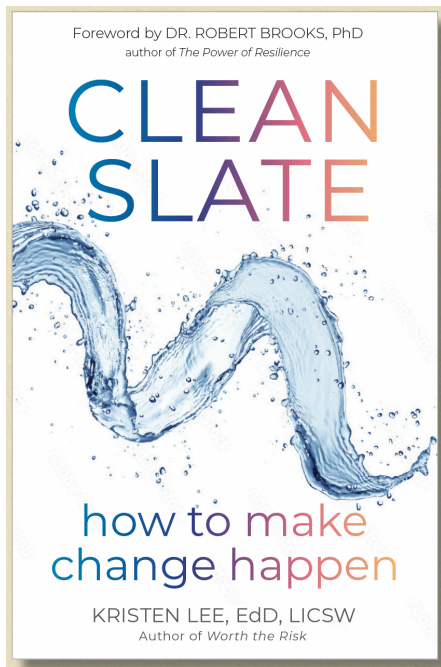
Select Media

Dr. Kris is a trustworthy news contributor, working to spread science and solidarity. She has received numerous honors for her diligence in translating behavioral science and clinical concepts into tangible practices for lay audiences. Her work has been featured internationally and nationally, creating access to evidence-based understanding of and access to preventative approaches and treatment interventions that promote improved mental health and human flourishing. Her column on Psychology Today alone has reached over one million readers. Her TedX talk, 427K viewers.

- [NPR: Burnout with Christina Maslach](#)
- [NASW Podcast Burnout](#)
- [NASW Webinar Radical Self-Care in Trying Times](#)
- [Psychology Today: How Not to Crack Under Pressure](#)
- [Psychology Today: Why so Many People Feel Resilience Resentment](#)
- [Pathify: Tackling the Higher Education Mental Health Crisis \(named EdTech #1MVP award 2022\)](#)
- [Higher Education Digest: Creating a New Through Line of Safety: The New Institutional Imperative](#)
- [EvoIllution: A Destiny Solutions Illumination: Supporting Mental Health and Wellness for Adult Learners](#)
- [Chicago Council's Deep Dish Podcast](#)
- [In Session with Farid Holakouee Podcast](#)
- [Psychology America Podcast](#)
- [Sounds True One Insights at the Edge with Tami Simon](#)
- [WCVB Chronicle: Adjusting to Pandemic Life](#)

Published Works

[Clean Slate: How to Make Change Happen.](#) Barnes and Noble Press (2025). Are you eager to take a new direction in your life? Behavioral science expert Kristen Lee shares invaluable insights and research-based tools making change happen.



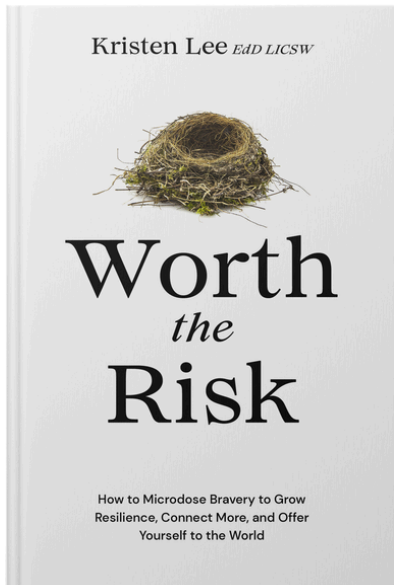
You've got changes you're eager to make. But the empty canvas is daunting, and simplistic advice like “#boss up” and “just do it” doesn't help. So how do you begin—and follow through?

Meet Kristen Lee. She's devoted her entire career to helping people make change happen. She's not your average stuffy award-winning Behavioral Science professor—she's also a psychotherapist comedian who uses her funny bone, fresh insights, and research-based tools to help build your capacity to succeed with change. It all starts by activating what she calls “a clean slate mindset.”

Hailed a “witty, easy-to-follow approach to positive transformation...” by *Kirkus Reviews*, *Clean Slate* is a reader-friendly guide for making life changes accessible, achievable, and even fun. With her seamless blend of grounded psychological research

and compassionate humor, Lee reveals a flexible strategy for releasing the burdens that make our goals feel unreachable—and building a doable, chip away approach for attaining the change you seek. Join her to explore:

- The “fresh start effect”—why intentional resets work, whether we're making a resolution or responding to life's latest curveball
- Proven methods for dealing with momentum-breakers like anxiety, distraction, sunk cost fallacy, and a sharp-tongued inner critic
- Communication skills—How to set clear boundaries and develop confrontation resilience
- Taking humor seriously—why playfulness, laughter, and joy can be your best tools for change
- Self-care without guilt—how to make resting and recharging part of the plan for achieving your aspirations
- A wealth of versatile tools, evidence-based practices, reflection questions, resources, and creative approaches to making change happen



Worth the Risk: How to Microdose Bravery to Grow Resilience, Connect More and Offer Yourself to the World. Sounds True (2022).

During the course of the last two plus years, we've been bombarded by messages about how dangerous the world is—from both real AND fake news. And social media. Yet when we hunker down and try to live in a bubble of safety, we can cut ourselves off from the richness and joy life has to offer.

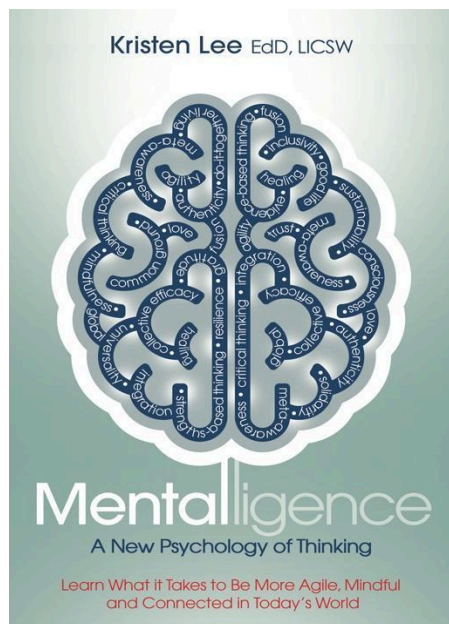
Behavior scientist and researcher Dr. Kristen Lee shows us that by “microdosing” small acts of bravery and connection, we can regain the self-confidence and resilience we need to live full and meaningful lives. “We are hardwired for risk-taking,” she says. “As we become more

comfortable with the uncomfortable, our nervous system changes to support us in experiencing a bold, adventurous, colorful life.”

In each chapter, Dr. Kris provides a solid dose of brain science combined with practical actions to build confidence and sustain yourself through challenges. With a blend of stories, composite sketches, science, ancient wisdom, behavioral science, and practical exercises, readers will learn:

- What is courage? Debunking the myths and discovering the power of everyday acts of bravery
- Why feeling overwhelmed doesn't make you a “snowflake”
- Tools for understanding and regulating your emotions, anxieties, and habits of avoidance
- Healing practices and guidance to increase your resilience to trauma, acute stress, and PTSD
- Insights and strategies for navigating the unique challenges of our polarized, media-saturated culture
- How to own your “Personal Legend” and become an active liberator—for yourself and others.

Risks are a part of life—and “playing it safe” can end up diminishing the very qualities that allow us to adapt, create, and serve our purpose in life. *Worth the Risk* guides readers through a powerful approach to taking small, values-aligned chances that increase your ability to thrive. “You are not your trauma, labels, fears, or raw emotions,” Lee writes. “You are wired for resilience. Your human spirit is indomitable.”



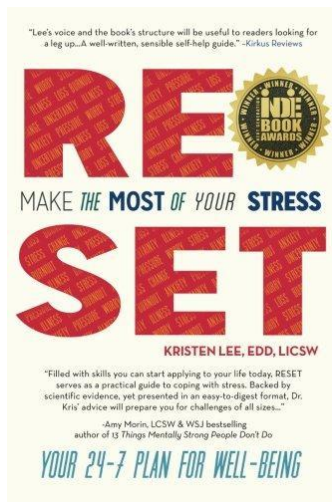
Mentalligence: A New Psychology of Thinking: Learn What it Takes to be More Agile, Mindful and Connected in Today's World. HCI (2018)

One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors. The same mind that gets us stuck is the same one that can set us free. It's time to rip up the script society hands us, breathe deep, and reclaim a healthy definition of success that doesn't compartmentalize your mind, body and soul. We need a new organizing framework that allows more flexibility and moral grounding—one that lets science, emotion and spirit to fuse.

Too often, life's disorienting moments can leave us tumbling into messy, downward spirals. We lose clarity, and are held hostage by blind spots that keep us from thriving. We fall into common mindless behavior traps which lead to perpetual patterns of shutting down, numbing out, binding up and staying stuck. In this uniquely liberating book, Dr. Kristen Lee teaches us how to apply a process of behavioral change using a series of different lenses, to steer our brains to overcome blind spots and cultivate Upward Spiral habits.

A leading expert on resilience and behavioral science, Dr. Kristen Lee developed this new psychology of thinking model from over twenty years of clinical practice, the latest neuroscience, and her own research findings. Mentalligence [men-tel-i-juh-ns] is a sage guide that will help you build meta-awareness by emphasizing an impact-driven rather than a performance-obsessed mindset and adopt a model of 'collective efficacy' that is less I-focused and more we-focused, to facilitate positive social impact at a time when it's desperately needed. This is what psychologists call 'The Good Life'—living mindfully and consciously. Rather than falling for predominant definitions of 'success' that leave us boxed in, depleted, and oblivious to ways we can work together, Mentalligence helps us find the thinking and behavioral agility to work towards better outcomes for all.

RESET: Make the Most of your Stress. IUniverse (2014).



RESET was named Motivational Book of 2015 Winner and a Finalist in the Self-Help and Health and Wellness categories by Next Generation Indie Book Awards. RESET has been called "a breakthrough model that reframes our ideas about stress", and "an excellent guide chock full of practical strategies, insightful stories, and wise advice for anyone who experiences stress in their daily work".

There are far too many 5-step, simplistic models of stress reduction to go around. Reset offers a fresh perspective that is not only backed up with years of research and clinical practice, but presented in a way

that allows each reader to take into account their own circumstances and develop a plan for well-being that actually works. When you feel the negative effects of stress and anxiety, RESET's components will help you get your bearings and recalibrate: Realize. Energize. Soothe. End Unproductive Thinking. Talk it Out. Whether you know it or not, you're already responding to stress—either constructively or destructively. Read RESET to develop a plan that is unique to you and your circumstances to better equip you to respond to the challenges before you and make the most of your stress.

“Filled with skills you can start applying to your life today, RESET serves as a practical guide to coping with stress. Backed by scientific evidence, yet presented in an easy-to-digest format, Dr. Kris’s advice will prepare you for challenges of all sizes...” –Amy Morin, LCSW & WSJ bestselling author of *13 Things Mentally Strong People Don’t Do*

Representative Clients

Alpena Community College
Atlas Holdings, LLC
Amazon
TedX Ocala
Active Minds
Compass
Harvard Medical School
Harvard Kennedy School
Virgin Pulse
Johnson & Johnson
McLean Hospital
Marion Foundation (invited speaker with Bessel van der Kolk)
Snapchat
Nationwide
American Chemical Society
United Way
National Institute on the Teaching of Psychology
National Association on Mental Illness
Americorps
Taipei International School
Boston Ballet
Association of Women in Science
National Association of Social Workers
Covidien
Ever Fi
Women Accelerators
Girl Scouts of America
Emerson College
Chartwells

Massachusetts School Superintendent Conference
Learning and the Brain
Pathify
US Chamber of Commerce
Tabor Academy
Chartwells
Marsh & McLennan Agency
Meltwater
EAB Global
Olney Community College
Oklahoma State Women's Leadership Summit
State of South Dakota
Kenyon College
Society of Women Engineers
Smith and Nephew
NASPA Student Affairs Administrators in Higher Education
University of North Texas System
US Journal Adolescent and Young Adult National Conference
Community Mental Health Association of Michigan

Testimonials

"Every chapter is a therapy session that teaches in elegant but easily understandable language several logical but pragmatic strategies to increase your resilience. And once you start reading this book, you can't put it down..." - Dilip V. Jeste, MD, Former President American Psychiatric Association

"Lee's fusion of neuroscience and humanity is compelling and timely... a bold blend of science, story, humor, and wisdom that helps us reimagine fear and embody courage, creativity, and positive contribution...A must-read for anyone wanting to shine brighter without burning out." - Scott Barry Kaufman, Ph.D., Host of The Psychology Podcast

"One thing that really comes through in her latest book is Dr. Kristen Lee's passion. I'm impressed by how fluently she is able to articulate her vision and to support it with the latest findings from neuroscience, positive psychology, and other quarters, as well. As passionate as she is, though, I love her humility in terms of making it clear that she is not saying she has the ultimate claim on truth. She invites the reader to listen to their own intuition. If you are looking to challenge yourself to take a close look at your values and those areas in which you have maybe lost the thread of following your own true self, I think you'll appreciate this book. Working through the exercises in the Sessions sections of the book will help you to work your way back to your most authentic self. In fact, I think this is one of those books that would be great to work through with a special other or in a group. It certainly would have the potential to spark some deep sharing, bonding, and support." - David Van Nuys, PhD, Emeritus Professor of Psychology, Creator and Host of Shrink Rap Radio.

"RESET is informative, practical, and reader friendly. Anyone wanting to lead a more resilient life will benefit from Dr. Kris's strategies, sense of humor, and sage advice..." - Robert Brooks, Ph.D., Harvard Medical School faculty and author and co-author of 16 books including *The Power of Resilience: Achieving Balance, Confidence and Personal Strength in Your Life and Raising Resilient Children*.

"Open this book anytime you need a reset. Dr. Kris is a breath of fresh air, giving us just the right blend of science and story. Don't miss your chance to find newfound peace and presence at work and home..." - Agapi Stassinopoulos, Author of *Unbinding the Heart, Wake Up to the Joy of You, and Speaking with Spirit*.

"Lee's voice and the book's structure will be useful to readers looking for a leg up...A well-written, sensible self-help guide." - Kirkus Reviews

“Dr. Kris is an engaging, interesting speaker who did a great job combining informative “lecture” on the psychology of stress and self-care, with interactive discussion...I walked away with concrete strategies I can use to manage my stress and sustainability in my work...” -Harvard Kennedy School participant

“Simply phenomenal—passionate, practical, interactive, relatable...she has the ability to connect with the audience and touch each person individually, and she is empowering, intelligent and persuasive—I can envision her as a role model for many...” -Harvard Mental Health and Education participant

“Practical strategies, insightful stories, and wise advice for anyone who experiences stress in their daily work...” --Carol Pelletier Radford, Ed.D., CEO of Mentoring in Action and author of five mentoring books including *Mentoring in Action: Guiding, Sharing and Reflecting with Novice Teachers* and *The First Years Matter: Becoming an Effective Teacher*.

To learn more, or speak with us about inviting Dr. Kris to serve you:

View speaker [reel here](#)

Read LinkedIn Recommendations [here](#)

Show your employees, community, and constituents they matter.
Schedule a 15-minute consultation with us to see how Dr. Kris can serve your needs.

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