



Kristen Rud

Women's Wellness Mentor

Kristen is a passionate mentor for women with 8+ years of experience as a women's support facilitator. Kristen works with individuals, groups, and entire communities to create environments that are conducive to wellness and growth. She is also the founder of Spiritual Summer Camp and director of MM Publications for Women.


SIGNATURE TOPICS

- ✓ Women's Empowerment
- ✓ Building Community
- ✓ Menstruation & Fertility
- ✓ Pregnancy & Physiologic Birth
- ✓ Sacral Energy & Spirituality
- ✓ The Wheel of the Year

LET'S WORK TOGETHER!

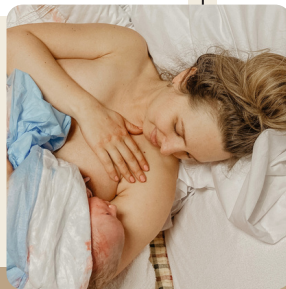


Contact me for inquiries and bookings.

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 4K
followers

 12.5%
engagement rate

 160
online members

 84%
women