

MEDIA KIT



KRISTEN BOMAS

Speaker | Author | Life Guide

BIOS

One-line bio: Speaker, author, and creator of The Sage's Template, Kristen Bomas helps us move beyond our normal thought patterns to confront what awaits. (140 characters)

Short bio: Kristen Bomas is a speaker, author, workshop facilitator, psychotherapist, and creator of The Sage's Template, a framework for the most complicated of relationships - the one between yourself and your universe. She guides us in strengthening this delicate bond by venturing beyond our normal thought patterns...and confronting what awaits us. (50 words)

Medium bio: Kristen Bomas is a speaker, author, workshop facilitator, licensed psychotherapist, and the creator of The Sage's Template, a framework for the most anguished and complicated of relationships - the one between yourself and your universe.

By recognizing life always ditches the original plan, her work reveals how fear becomes a bedfellow. Trauma gets the better of us. Contentment sees other people. And divorce from our true nature is therefore inevitable. But we can mend this delicate, fractured bond we have with the world around us. IF we're willing to venture beyond our normal thought patterns...and confront what awaits us there. (100 words)

Long bio: Kristen Bomas is Clinical Psychotherapist by accident. Teacher (and student) of many disciplines by trade. Creator of The Sage's Template through destiny. And author and speaker by choice.

For over twenty-five years, she has invited brave people to wander out on the fringe - her "fringe" being a combination of clinical psychology, Buddhism, Twelve Steps, the Tao, and indigenous shamanic practices to name a few. According to her, when you venture to the edge of your understanding, you'll find the way back to your center.

Bomas was on the trajectory for medical school when she *ventured* out of the chemical engineering lab one day and into the psychology building because they had the closest bathroom. She became enthralled by a whole new galaxy of possibility that opened before her.

Now, her mission is to open a world of possibility for her clients.

She understands people usually find themselves achieving for the sake of achieving. Or remaining stuck in situations that just don't work. Maybe their way of being doesn't fit who they are?

At some point it's time to ask...what the hell is all this for?

She knows that if people don't face their burdens, they'll either calcify into fearful, judgmental trolls or end up feeling lost and adrift.

An expert communicator, Bomas understands one hard truth. That people won't always take the time to know one another. That is why she has created The Sage's Template. To help individuals get to know themselves and learn to speak their truth. (250 words)

TALKING POINTS

SOUNDBITES ABOUT *THE JOURNEY OF A SAGE*

- Today people are overwhelmed by some of the most uncertain times the human race has ever experienced. A global health crisis, job insecurity, financial volatility, racial upheaval, political disruption, and physical isolation have quickly created an atmosphere filled with fear, anxiety and stress. This serious societal trend has emphasized the importance of embarking on an inner journey to feel grounded while finding freedom, happiness, and success.
- In *The Journey of a Sage*, Kristen Bomas provides diagrams and descriptions known as “The Sage’s Template.” This tool gives you an understanding of life, and help you uncover the source of your blocks and challenges. By using the Template, you—like her clients—will experience liberation and fulfillment.
- As part of this journey to freedom, Kristen explains how you knew your truth when you were born. However, outside forces (known as “Other”) taught you to think, believe, and behave based upon what Other expected of you. “The Sage’s Template” helps you remain in the present and use the past to heal uncomfortable situations.
- Life mastery isn’t just for meditation gurus. Anyone can use “The Sage’s Template” to uncover your life’s purpose, communicate openly in your relationships, and find peace and fulfillment every day.
- Millions of people live each day paralyzed by fear. Some are afraid of being judged, criticized, or rejected. While others are terrified of failing. *The Journey of a Sage* helps you simplify the understanding of your life after your fears have complicated it.
- The Journey of a Sage* contains parables that provide perspective. Upon reading them, you will understand the purpose of life’s challenges and how by mastering them you find freedom.
- For people ready to delve into life mastery, Kristen Bomas offers complimentary mastery kits in the areas of communication, inspiration, empowerment, serenity, relationships, body & spirit, and transformation. Each kit is packed with powerful vlogs, blogs, meditations, podcasts, and her Mastery Minute videos.
- Those looking to overcome their fears and find greater inner freedom will benefit from Kristen’s virtual workshops. Priced for any pocketbook, you will learn how to manifest your dreams, feel heard with your words, rev up your relationships, ignite your romantic partnerships, unlock your imagination and creativity, transcend the physical barriers placed on you by the pandemic, and overcome the anxiety and loneliness of the holidays.

SHOW IDEAS

The following is a list of show ideas to engage your listeners and viewers.

(These topics can be addressed generally or tailored specifically to your audience's demographic, subculture, or gender.)

- 🌀 10 things you can do to live in the present
- 🌀 I'm stuck! What can listeners/viewers do to motivate them to jump out of bed each morning excited about life?
- 🌀 Covid-19 has taken a real toll on our physical, mental, emotional, and financial health. What coping mechanisms can the average person use during these trying times?
- 🌀 6 steps you can take to grow beyond those beliefs that hold you back to realize your dreams
- 🌀 Simple techniques to help you manifest a life filled with abundance
- 🌀 How to speak your truth and reveal your unique self
- 🌀 Five ways to instantly boost your confidence
- 🌀 How to deal with body image issues
- 🌀 Why there's no such thing as women's empowerment
- 🌀 Living life to the fullest and without regrets
- 🌀 Improving your everyday communication skills
- 🌀 How to build an ideal relationship with your partner

INTERVIEW Q&A

1) What's the one question you get asked most by your clients?

The question I get asked the most, is what is the purpose of life? There is a general purpose to our existence. From my perch, it appears we are here for the soul to have *an* experience. We have free will in order for the soul and the human to be in a constant state of choice, a form of impermanence. This experience we call life is but a part of a greater whole.

2) Is it true that we're only born with two fears? If so, why do we become more fearful as we get older?

We have both fear-based and love-based emotions. Fear-based emotions include fear, anger, hurt, loneliness, guilt, shame, attachment, abandonment, etc. In this life, these fear-based emotions and experiences indicate when we feel out of tune. A lot of our anxiety comes from the fear of being separated. We perceive the separateness, that there is an inside and outside. The truth is, we are all one.

3) You describe yourself as a life guide. What does that mean and how do you help your clients? Some people reach out to me looking for more happiness and fun, more playfulness in their relationships, life and careers. Others come to me not really knowing what it is they wish to experience. I use a simple model with my clients to help them define and explore their lives based upon their goals. I then teach them how to master the complex strategies so they may achieve their dreams.

4) You specialize in life mastery. Is it possible for someone to master life?

I am often asked what life mastery is and why we are here. My simple answer is, to master our challenges and unveil freedom. The challenges in this life are by design. If you failed to overcome an obstacle in a previous life, you will face it again in this one. It's up to you. If you choose to master your challenges, you can find true freedom. My book, *The Journey of a Sage* offers readers the tools they need to tap into their wisdom and open themselves to Self to happiness.

5) You encourage listeners to "speak their truth". What does that mean?

To speak your truth, you must know what you're feeling inside and communicate it with others. The best way to ascertain how you feel inside is to have an exploratory conversation with yourself to search out the truth about what you are experiencing.

INTERVIEW Q&A

- 6) **You often address the topic of “manifestation” in your talks and videos. How can a person manifest the life he or she really desires?** In order to manifest, you must know and believe that you can fulfill your desire. To accomplish this, there must be an alignment between your intention, belief, and thought. For example, say if you want a new blue Tesla. If there isn't an alignment because you don't believe you can get it, then you will manifest the absence of the car.
- 7) **Which expectations impact our lives more, those we place on ourselves or those that are placed on us by others?** We don't place expectations upon ourselves. Any expectations we have were learned from outside sources and we've learned how to accept and assimilate them into our being. We behave the way we assume others want us to. So, we are constantly looking outward to define ourselves. But the truth is, we can only find happiness and joy within ourselves.
- 8) **Covid-19 has placed a lot of stress on society. How do you help people cope with the unknowns resulting from the pandemic?**
Many people who call me are experiencing anxiety and want to know how to cope with it. There's also a lot of divisiveness, anger, and fear infiltrating our daily lives. Not only do I work with my clients one-on-one with this, but I also created a virtual workshop series called “Calm and Creative in Quarantine”. In it I provide guidance on how to find freedom inside four walls, and how to bloom in the face of boredom.
- 9) **According to you, there are six steps people can take to stop judging themselves and transform their old beliefs. What are they?**
- Identify the belief
 - Clarify the history or origin of the belief
 - Delineate how the belief serves you
 - Identify where you bought into the belief
 - Discern Self versus other
 - Achieve forgiveness and acceptance
- 10) **What is one thing members of our audience can begin doing today to get them closer to achieving their dreams?** Write down the dream in detail. Re-read your description. Be sure ALL detail is included. See if you used the word want. That tells you there is doubt. Then ask yourself what part of the dream do you feel any sort of doubt?

BOOK SYNOPSIS

You've spent a lot of time and energy wondering about the purpose of life. You've run into many challenges. Suffered, and sustained an injury or two. Quite frankly, you're wondering what all the trouble is for?

The Journey of a Sage provides the guidance and tools you need to understand how to master your challenges efficiently and effectively. You'll learn to surrender to life as a river surrenders to its flow.

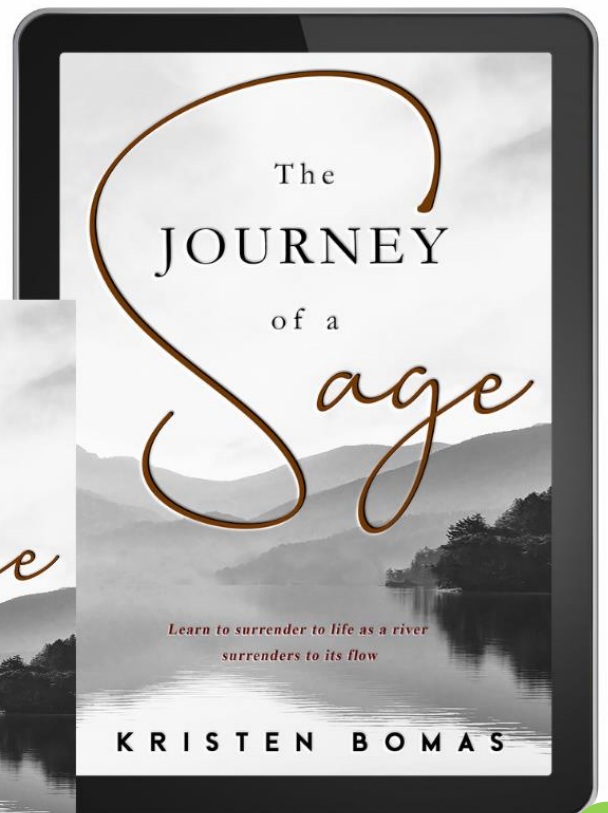
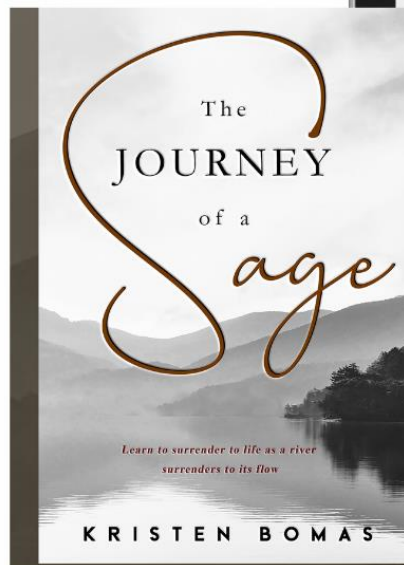
With my proven approach, you will be able to:

- Attain true joy and freedom in your life
- Become free from the judgment of Self and others
- Tap into your wisdom and embrace happiness
- Define what you want to experience in this life
- Learn to speak your truth

The Journey of a Sage is filled with diagrams, and descriptions to give you an understanding of life, its blocks, and challenges.

You can also use my proprietary template to open the opportunity to find mastery and freedom in this life.

After all, you are entitled to this freedom!



PRESS COVERAGE

Kristen Bomas has shared her wisdom, guidance, and life mastery techniques with viewers and listeners around the country.



**CHICAGO
SUN★TIMES**

SOUTH FLORIDA
SunSentinel

The Palm Beach Post



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