

# KRISTA HANLEY

EMPOWERMENT | SAFETY | CREATIVITY

## ABOUT KRISTA

As a survivor of the Columbine High School shooting, Krista Hanley (she/her) has turned her experience into authentic advocacy. She is a passionate speaker, writer, and facilitator with a unique story about regaining her confidence and voice.

Krista believes we can only be our truest ourselves when we feel safe. Her purpose is to empower people, foster security, build confidence, and practice fulfilling expression. With interest and knowledge in writing, self-defense, and art, her workshops and speaking engagements offer transformational experiences of empowerment.

Krista's forthcoming memoir is focused on finding resilience and coming to terms with her trauma after surviving the Columbine mass shooting. She also co-owns We Are Safer Together, where she conducts trauma-informed active shooter trainings, teaches empowerment self-defense, and develops safety plans for organizations.

## TOPICS

**Mass Shootings & Preventative Action:** Personal experience with two mass shootings. What we need to know about the long-term effects on survivors. Demystifying run, hide, fight and other safety tips for emergency situations. Why we need trauma-informed preparedness training.

**Trauma-Informed Self-Defense:** Empowering skills for anyone to increase confidence and feel safer. Especially targeted to women, those living with disabilities, people who are dating, solo travelers, runners, hikers, etc.

**Empowerment & Resilience:** Reclaiming confidence and finding our voices and authentic selves after trauma and/or grief. Empowered self-care strategies, boundary setting, and communication skills.

**Trauma-Informed Creativity:** Working through the blocks and challenges that arise when we live in traumatized bodies.

**Memoir Writing:** Creative non-fiction essay writing and memoir, especially related to writing about trauma.

- ✓ Keynote Speaker
- ✓ Self-Defense Instructor
- ✓ Workshop Facilitator
- ✓ Writing Coach
- ✓ Published Author
- ✓ Creative & Artist
- ✓ Art Manager & Curator

## FEATURED PUBLICATIONS & INTERVIEWS

Los Angeles Times

Memoir Magazine

Huffington Post

9News Denver

Denver7 News

Colorado Public Radio



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