



### **Dr. Kristina Hallett**

Dr. Kristina Hallett is a board-certified clinical psychologist, associate professor at Bay Path University, executive coach, author and speaker who specializes in harnessing the positive power of stress, self-compassion and radical self-care. She helps driven professionals banish burnout and develop skills to make stress work to their advantage to increase focus, productivity and well-being. She shares an approach to living through changes in mindset, perspective, core beliefs and everyday practices that enhances resilience, leadership, communication and performance.