



Kristie Tobias

AUTHOR OF **FEARLESSLY MADE YOU**



Kristie is a seasoned healthcare and business consultant, a national speaker, a nonprofit board member, an advisor to the mayor of Pensacola, Florida, and a former Miss North Carolina International, all of which she achieved before reaching the age of thirty-five. Professionally, Kristie has broken down the barriers that young minority women struggle through to reach her goals. The journey has not been easy. At twenty years old, after years of sexual abuse and trauma, Kristie was diagnosed with post-traumatic stress disorder (PTSD). Kristie takes us through the realistic, messy, sometimes dark, but ultimately inspiring journey of her struggles with PTSD; her challenges with just trying to thrive in life when every obstacle seemed to bring her down; and her complicated relationship with her own self-worth, goals, and expectations.

FEATURED APPEARANCES

ON THE AIR

- [Mind the Biz](#) Podcast
- [Behind the Grind Show](#)
- [MProper Mimi](#) Podcast
- [My Favorite Mistake](#) Podcast

IN PRINT

- [In Weekly](#) Magazine
- [Bella](#) Magazine

IN PERSON

- Speaker, Studer Community Institute

INTERVIEW TOPICS

- Trauma and PTSD
- Female empowerment
- Owning your journey through difficulties, anxiety, struggles, etc.
- Being a black female businesswoman in an industry where we are significantly underrepresented
- Guiding business owners (non-profit and for-profit) on how to start and operationalize their businesses
- Building an equitable and inclusive environment in your workplace
- Change Management and Leadership
- Mentorship, Sponsorship, and Advocacy
- Building an engagement-focused workplace – leadership and employees



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