Kristen Darcy
Author | Coach | Speaker

AUTHOR | SPEAKER | INTUITIVE WELLNESS COACH

Kristen Darcy is a passionate advocate for women's emotional well-being, guiding them through life's transitions with wisdom, resilience, and self-compassion. She has testified before the U.S. Senate on the importance of government funding for fertility research and holistic treatments and has been featured on NBC's Today Show, Woman's World Magazine, PBS' Health Week, and The Boston Globe.

WRITINGS

As the creator of the award-winning Sparkle Up Blog, Kristen shares insights on emotional healing, intuition, and transformation. Her work empowers women to reclaim their voices, process trauma, and navigate the complexities of change with grace

Books by Kristen Darcy:

- The Healing Period (Upcoming) – Exploring the wisdom and cycles of a woman's life
- Love & Infertility: Survival Strategies for Balancing Infertility, Marriage & Life – Recipient of the RESOLVE Hope Award for Best Book
- Girlfriend to Girlfriend: A Fertility Companion – A heartfelt guide for women on their fertility journey

SPEAKER

Speaking Topics:

- The Power of Words & Women: How language shapes our experiences and self-worth
- Navigating Life's Twists: Tools for resilience and emotional healing
- Reclaiming Your Inner Wisdom: Intuition as a guide through transitions

Kristen is also the founder of the Divorcing Intact Summit, supporting women in healing from narcissistic abuse.

CONTACT KRISTEN OR BOOK YOUR COACHING SESSION TODAY!
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