



www.kristylaschober.com

Kristy Laschober

MEDIA KIT

Meet Kristy Laschober

Kristy Laschober's story is a testament to the power of resilience, the depth of transformation, and the promise of hope." Once a thriving Orange County wardrobe stylist, Kristy hid a lifelong battle with addiction stemming from a congenital disorder that introduced her to narcotics at just 10 hours old. After years of sobriety, a relapse following a medical procedure spiraled her into addiction, leading to her arrest in a high-profile drug sting involving a Connecticut priest dubbed "Monsignor Meth." During her five-year prison sentence, Kristy confronted the depths of shame, addiction, and trauma, finding faith and freedom amid the stark realities of women's prison life. Her powerful story sheds light on the challenges faced by those with incarceration histories and inspires others to rise above adversity.

SPEAKER



ADVOCATE



AUTHOR

Kristy is a dynamic and inspiring speaker, rapidly gaining recognition as a leading voice in women's empowerment and a passionate champion for prison reform. Her journey from a five-year prison sentence to becoming a transformative figure in the realm of re-entry and prison reform is both compelling and powerful. After receiving a Bachelor of Science in Innovation and Leadership from Southern Oregon University, Kristy became a best-selling author of "Perfectly Flawed: Uncovering Your Greatest Purpose," which provides a raw, reflective reading experience, exploring the complexities of the human spirit. Her expertise, highlighted by a Community Storytelling certificate and involvement with AJFO and Unlock Higher Ed, shows her commitment to fostering connections and opportunities for those impacted by the justice system.



Advocacy

Kristy has spearheaded impactful initiatives, including leading the successful movement to **remove the criminal history box from all college applications in Oregon**, significantly improving educational access.

SPEAKING TOPICS

- ✓ **THE RIPPLE EFFECT:** "Small actions, big impact."
- ✓ **LIFE AFTER INCARCERATION:** "Breaking barriers, rebuilding lives."
- ✓ **A MIRROR TO YOUR MAGNIFENCE:** "Discover the greatness within you."
- ✓ **PURPOSE THROUGH SERVICE:** "Uncover your passion by serving others."
- ✓ **FROM ISOLATION TO CONNECTION:** "Building bridges to meaningful relationships."
- ✓ **UNLOCK YOUR SUPERPOWERS:** "Embrace your strengths, unleash your potential."
- ✓ **STOP HIDING, START THRIVING:** "Step into your light and live boldly."
- ✓ **STAND UP FOR YOUR SISTER:** "Empower, uplift, and advocate for each other."
- ✓ **TRANSFORMING PAIN INTO POWER:** "Turn your struggles into your greatest strengths."

AS SEEN ON THESE STAGES

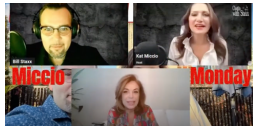


PODCAST AS A GUEST HIGHLIGHTS



Lessons From Last Time

Ken Perry & Kirk
Faulkner



The Harsh Reality of Prison Life

Chattin With Stax



Busted by the DEA

Ian Bick



Facing Your Shame

Danielle Craig

Testimonials

“ I loved Kristy’s facilitation style: she flowed so beautifully between sharing, inviting others to share and leading us through the incredible handout. I loved the handout!

“ Every single word that was shared was fantastic. Embrace your vulnerability and find your voice.

“ Kristy showed us what it meant to be a disruptor! I loved it! It was real, authentic, and heartwarming.

“ This was the best hands, hands down! Tools for living authentically and helping others do the same!

“ This workshop was perfect! I realized that connection with other women is so important. Overall my big takeaway is that I am not alone!

“ This was the best session of the entire conference! Great exercises, great message, and tools for living authentically.

“ Kristy showed us how to be unshakeable in the face of adversity.

“ I was so blessed by this workshop. Kristy was truly made for this; I kept thinking: this is so right in the zone of her gifts, passion and purpose. And to be a participant in that - wow it was magical!

Workshops

WWW.KRISTYLASCHOBER.COM

IN - PERSON

Dive into transformative workshops designed to inspire personal growth, ignite curiosity, and provide actionable strategies for change. Discover new perspectives and practical strategies over the course of this transformative experience.

VIRTUAL

Virtual workshops are just as valuable, despite the digital divide. Connect and engage with people from all over the country, while examining ways to love yourself deeply.



STATISTICS

5000 +

Audience reached

40,000 +

Podcast Streams

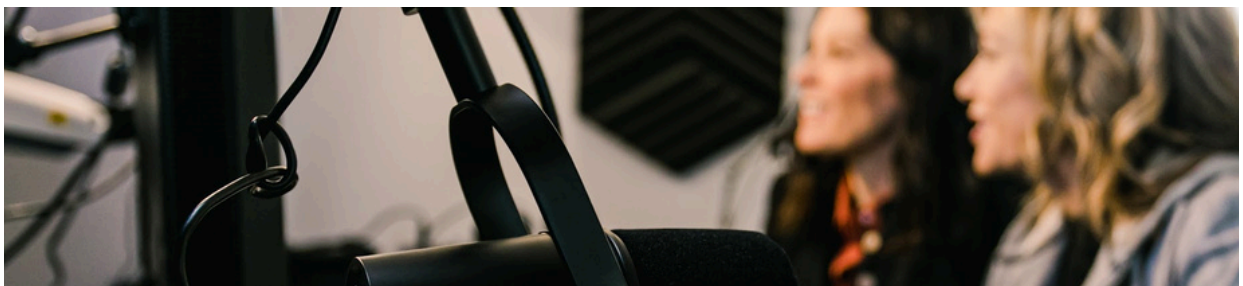
30 +

Podcast episodes as a guest

The Podcast

[THE FREEDOM EXCHANGE](#)

After over four years in federal prison, I realized every story matters and that a passion for healing and justice can positively influence culture. The Freedom Exchange Project facilitates conversations with inspiring individuals, offering ways to advocate for oneself and others through writing, speaking, and action.



READY TO INSPIRE YOUR AUDIENCE? BOOK KRISTY TODAY AND TRANSFORM YOUR NEXT EVENT!

Kristy is ready to create a remarkable influence with her captivating speaking engagements, workshops, and educational seminars. She is available for events in both virtual and in-person formats!



BOOK KRISTY

Send us a message at
kristylaschober.com or
email shannon@shannonandco.biz

www.kristylaschober.com



[@kristylaschober](https://www.instagram.com/kristylaschober)



[@kristylaschober](https://www.linkedin.com/company/kristylaschober)



[facebook.com/kristylaschober](https://www.facebook.com/kristylaschober)



[@thefreedomexchange6338](https://www.youtube.com/channel/UCthe1freedomexchange6338)

Kristy