

Kristy Laschober

Speaker | Author | Advocate | Podcast Host



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There's Life, and Then There's Living

Kristy was a wardrobe stylist in Southern California for 15 years. Born with multiple birth defects she became addicted to opioids as a child. After nearly 10 years of sobriety Kristy relapsed and went to federal prison. As a first-time offender she was sentenced to 60 months. Because of her medical issues she was not camp eligible and spent most of her time in a high security federal medical center in Texas. This unique and devastating experience has transformed the way she thrives in the world and is always reminding others how powerful they are to bring about change, in themselves and the community around them. Kristy now works with legislators to remove barriers to successful reentry, passed SB 713 in 2020 and is passionate about bridging communities and cultures through real conversations.

Released in 2017, she lives in New Orleans and graduated summa cum laude with a BS in Innovation and Leadership from Southern Oregon University.

Popular Topics

Lessons from
1500 Days in
Prison

You are already
Equipped

Perspective
Shifts Provide
Peace and
Happiness

Everything is a
Teaching
Moment

Women Helping
Women

Curiosity
Breeds
Connection

Transform Your
Pain. Step into
Your Power

Grass Roots
Advocacy

Live in
Abundance at all
Times

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