




KRISTEN

In truth, I have been "coaching" throughout my life. I was always a go-to person for personal advice and helping others feel better. I'm emphatic and intuitive which allows me to energetically relate to people and understand how they feel. I love listening to people and I admittedly ask a ton of questions because I'm inquisitive about how other's think and feel. I believe through my curiosity I can discover and reveal deeper truths below the surface of what most people express. I'm extremely observant and appreciate understanding other's perspectives. Born highly sensitive with nurturing qualities it's no surprise I have always had a strong desire for connection and helping people.

I grew up in an upper middle-class family with one older brother who challenged me and my parents early on. As a little girl feeling and perceiving this as conflict, I decided not to be troublesome which meant perfectionism and people pleasing quickly became my coping methods. For many years I used these in an effort to get my emotional needs met with family, friends, love relationships, and everything else in my external world. We moved twice in my formative years of middle and high school which further challenged my emotional security and self-concept. From an outsider's viewpoint it appeared I had my shit together, but on the inside I was always questioning my worthiness. I never learned about emotional processing so naturally all the negative self-talk and stuffed feelings were turned inward against myself.

I started my string of serial relationships in 9th grade looking for love and validation through intimacy with others because I certainly didn't have it within myself or know how to tap into self-love. I took an immediate interest in health and wellness in college after growing up active in sports like soccer and cross country.



I studied Applied Human Sciences at Colorado State University with an emphasis in Wellness Management. This opened the door to a broader understanding of the wholistic human and led to my personal interest in living a healthy and active lifestyle.

College was normal where I partied, did the sorority thing, worked, and had boyfriends. As any perfectionist would do, I graduated in four years and was ready to hit the ground running with an internship in California after one small hurdle...brain surgery. Checked that box and moved to Cali to live the American dream.

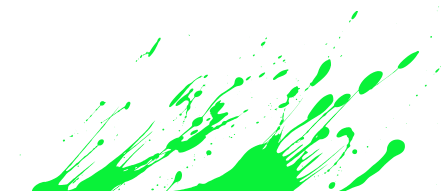
Within a year I was back in Colorado, engaged, and working at an advertising agency. The next year I was married and living in a small town in Pennsylvania with Amish buggies and no shopping mall. I was officially adulting at 24 years old. Two amazing boys and about four years later I'm back in Colorado again. Home sweet home. I won't get into the details around the next couple of decades suffice it to say I was beyond busy raising two beautiful boys in the burbs, working full time in various medical sales positions, and still looking for happiness in all things outside of me. Following budding entrepreneurial spirit and passion for fashion, I took a break from sales for a couple years to create a personal styling business.

Through that I learned that I'm most joyful when I'm creating something and I never had a shortage of ideas and clues leading me towards a different life and reality. So how did I get here?

It was a long and intimate journey to finally understand and take ownership of my mental health and find my own path to emotional freedom. I was diagnosed with depression in my early 20's, prescribed Prozac, sent home, and told I would always have to be on medication. Period.

I was never guided to dig into my childhood experiences or explore the layers of negative emotions and limiting beliefs buried beneath my "chemical imbalance". How did I go from aspiring perfectionist to earn the "depressed" label?

The societal stigma and endless internal judgement was an emotional heavy weight that I carried for years. I had three major episodes after that, each one knocking me out of life for 3 months at a time. What's remarkable is that regardless of the cause or circumstances, they all felt exactly the same.



To help others understand depression, I like to use metaphors. Imagine falling into a dark well and being stuck alone, for days or months, afraid that you might never get out. Looking up, you see all of your loved ones desperately reaching for you to pull you out, yet knowing you are stuck until you make the choice to help yourself. The days and nights keep moving forward without you and as desperate as you are to get out of the hole, you feel mentally and physically paralyzed.

I awakened to my true self by spending time in those wells of darkness. Facing my shadow catapulted me on a healing path to emotional freedom where I was divinely aligned with my higher purpose. With gratitude, I am called to serve others. My journey led me right here, providing prevention education for others and to spread the message of emotional awareness across the globe through our Behavior Brand, Noble One.

Kristen Rupprecht