

Kristal DeSantis



About Kristal

Kristal DeSantis is a licensed therapist, speaker, and author specializing in modern masculinity, emotional intelligence, and relational health. With over a decade of experience in trauma-informed care and men's mental health, Kristal delivers talks that are as grounded as they are galvanizing.

Her talks are ideal for corporate teams, clinicians, educators, and community organizations seeking to create stronger, emotionally healthy environments.

Based in Austin, TX - available for in-person or virtual events worldwide.

Signature Talks

- **Emotional Intelligence at Work** - How personal relationships shape professional performance - and what leaders can do about it.
Ideal for: *HR teams, executive leadership, corporate wellness programs.*
- **Why Men & Women Struggle to Connect** - A deep dive into gender scripts, unmet needs, and the invisible gap in modern relationships.
Ideal for: *Couples retreats, community orgs, relationship educators, men's/women's groups.*
- **The STRONG Model: Building Relational Intelligence** - Six pillars that redefine strength in love, leadership, and life.
Ideal for: *Corporate teams, clinicians, graduate programs, leadership retreats.*
- **Trauma-Informed Care for High-Stress Professions** - Tailored for frontline workers, educators, and clinicians: the emotional tools every burnout-prone team needs.
Ideal for: *First responders, healthcare professionals, educators, agency leaders*
- **Cross-Cultural Counseling: Ethical Implications for Working with Men** - How culture, masculinity scripts, and therapist bias shape the clinical experience - and what ethical, effective care for men really looks like.
Ideal for: *Mental health professionals, clinical supervisors, graduate counseling programs.*

Booking now for 2025 keynotes, trainings, and workshops.

