

# KELLY BURNS

MISUNDERSTOOD *body and mind* SIGNALS HINDER OUR  
PERSONAL AND PROFESSIONAL *growth and connections*

By enhancing **somatic literacy**, individuals gain a deeper understanding of physical and mental cues more effectively. Somatic literacy can equip individuals with techniques to lead, manage stress, build resilience, and promote overall well-being by recognizing and responding to the body's stress signals.

BIO

Kelly Burns is a dynamic and engaging professional speaker with 20+ years of experience in coaching, professional learning facilitation, equity education, and academic research. Her expertise lies in Somatic Literacy, empowering individuals, groups, and organizations to embrace their authenticity and enhance their skills.

As an Instructor at Colorado State University and a Professional Learning Coordinator in Poudre School District, Kelly provides engaging adult learning experiences for hundreds of professionals each year. She is also the owner of *Earth Eagle Somatics*, a renowned mind-body studio in Northern Colorado, and travels nationally and internationally, teaching the principles of Somatic Literacy to highly respected organizational leaders in both the private and public sector, New York Times best-selling authors, national ultra running champions, and celebrated artists in their respected fields. Kelly brings her passion for personal growth and embodied empowerment to her work, taking a human-first, dignity-based approach, helping others become the best version of themselves.

With a strong background as a motivational speaker, executive and life coach, and Somatic Literacy educator, Kelly has honed her skill set to inspire and uplift audiences. Her goal is to amplify the potential within each individual and foster an environment of growth and empowerment.

Kelly's unwavering commitment to empowerment, equity and healing is evident in her role as an instructor and literacy facilitator. She continuously seeks to improve her craft and remains dedicated to lifelong learning and promoting equity-based practices.

With a diverse range of qualifications and experience, including an M.Ed, a CMI, and a 200H+ CYT, Kelly is a true expert in her field. She is currently pursuing her C-IAYT and Integrative Somatic Trauma Therapy Certificate, further expanding her knowledge and expertise.

Bring Kelly's inspiring, transformative presentations to your next meeting to guide attendees in unlocking their full potential and achieving remarkable success.

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# TESTIMONIALS

Kelly's workshop on growing our personal mindfulness practice in order to grow our business **was a lightbulb moment for me.**

-Madisen Golden, Event Planner, Northern Colorado Junior League

Kelly is an amazing life coach and somatic practitioner. **She empowered me to make the changes I've needed.** The results are astounding! -Emily Heinz, President, Downtown Realty

**Kelly is able to deeply connect** the human-ness of her work and creates the spaces to invite in truth, vulnerability, true learning and growth. Cultivating spaces with such care are critical for change, and Kelly is a master of it! -Katherine Clifford, Director, People and Purpose at Deep Work Well

The depth of Kelly's skill set is unparalleled. She is wise, strategic, funny, and an excellent storyteller who makes strangers feel like the oldest of friends within minutes. Like a poem that distills language to powerful essence, **every moment of her presentation sings with rich impact.** -Trinity Wilbourn, Founder, Arkitekt Women and Arkitekt Mind-Body Coaching

Kelly has the unique ability to hear the connective tissue necessary to weave together an idea and action. She feels the heart behind the thing and instead of holding your hand through it, empowers you to feel yourself deeply capable of stepping into it. **She is a master** of holding kind, compassionate and loving space that mothers you toward your dream. -Jamie Gilbert, Founder, Therapist with Resolve Counseling

## HONORS *and awards*

Rotary Club Teacher of the Year; Kansas City, KS  
Star Teacher of the Year; Sumner Academy  
University of Chicago Outstanding Educator Award  
Adjunct Professor of the Year Nomination; Rockhurst University  
Rockhurst University "Where Leaders Learn" Graduate Media Award

## PRESENTATIONS *(partial list)*

Colorado Council of International Reading Association (*multiple*)  
Colorado State University (*multiple*)  
Estes Valley Investment in Childhood Non-Profit Annual Conference  
Fort Collins Young Men's Service League Annual Meeting  
Fort Collins, Cultural Enrichment Center  
Greater Kansas City Writing Project Regional Conference  
National Convention of Teachers of English (NCTE) (*multiple*)  
PACE Transit  
People's Supper Facilitator  
Poudre School District (*multiple*)  
Thompson Valley School District  
Write by the Lake  
Various K-12 Educational Conferences (*multiple*)

