

A voice for the next chapter

Christina Russell-Strong

SPEAKER • COACH • AUTHOR • PODCAST HOST

**Breaking Cycles. Building Self-Worth.
Leading with Purpose.**



You can look like you have it all together and still be carrying beliefs that tell you you are not enough. Christina Russell-Strong brings lived experience, honest storytelling, and practical reflection to conversations about self-worth, boundaries, and choosing a healthier way forward.

“My hope is that someone leaves the room feeling seen, reminded of their worth, and ready to take one meaningful step for themselves.”

THE EXPERIENCE

Warm, candid, and practical. Christina connects personal experience with audience reflection, inviting people to consider what they have carried, what they need, and what they can choose next.

REACH & RECOGNITION

Host of Breaking Curses with Excellence: 42 countries, nearly 10,000 downloads.
Honorary Doctorate in Humanitarianism • Global Lifetime Achievement Award

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Meet Christina

EXTENDED BIO

Christina Russell-Strong is a speaker, coach, author, podcast host, and founder of RusMix. Her work is rooted in lived experience: growing beyond childhood abuse and religious trauma, questioning inherited beliefs, and learning to trust her own voice. She speaks to people who are used to showing up for everyone else while quietly putting themselves last. Through honest storytelling and practical reflection, Christina invites audiences to recognize unhealthy patterns, strengthen their boundaries, and take steps toward a life that reflects their worth. Her podcast, *Breaking Curses with Excellence*, reaches listeners in 42 countries and has nearly 10,000 downloads. She also brings years of corporate experience in payroll tax compliance and problem-solving. Christina has received an Honorary Doctorate in Humanitarianism and a Global Lifetime Achievement Award. Her message is grounded in compassion and personal responsibility: the past matters, and the next chapter can be written with greater intention.

SHORT BIO

Christina Russell-Strong is a speaker, coach, author, podcast host, and founder of RusMix. Drawing on lived experience, she invites audiences to challenge unhealthy patterns, build self-worth, and create healthier boundaries. Her approach combines honest storytelling, practical reflection, and encouragement to take meaningful action.

STAGE INTRODUCTION

Our next speaker knows how deeply the words and beliefs we carry can shape the lives we lead. Through RusMix and her podcast, *Breaking Curses with Excellence*, she opens honest conversations about self-worth, boundaries, and breaking unhealthy cycles. Please welcome speaker, coach, author, and podcast host Christina Russell-Strong.

DELIVERY STYLE

Christina makes room for reflection, questions, and practical application. Audience participation is invitational, with no pressure to share personal experiences. Each session is shaped around the people in the room and the goals of your event.

Honest stories. Practical next steps.

01 / BREAK THE CYCLE, REBUILD YOUR WORTH

Old beliefs do not have to keep making your decisions.

Sometimes the patterns we repeat began as ways to survive or belong. Christina explores how inherited beliefs and past experiences can shape self-talk, relationships, and choices. Through personal storytelling and guided reflection, she invites audiences to notice those patterns with compassion and choose a different next step.

- Recognize beliefs that tie worth to approval, performance, or overgiving.
- Separate past experiences from present-day identity and choices.
- Identify one practical step toward stronger self-trust.

02 / BOUNDARIES WITHOUT GUILT

Stay connected without leaving yourself behind.

For people who are used to keeping the peace, setting a boundary can feel like letting someone down. Christina explores why guilt shows up, how boundaries differ from punishment or control, and what it sounds like to communicate a limit with clarity and care.

- Distinguish a healthy boundary from avoidance or an attempt to control.
- Practice clear language for communicating needs and limits.
- Respond to pushback while staying grounded in personal values.

03 / EXCELLENCE WITHOUT SELF-ABANDONMENT

Your success should have room for you in it.

Being dependable can become exhausting when your value feels tied to how much you do for others. Christina invites audiences to examine the difference between meaningful ambition and the pressure to keep proving themselves. The focus is sustainable growth, clearer priorities, and success that includes personal well-being.

- Recognize overgiving and achievement driven by the need for approval.
- Define excellence through values, capacity, and realistic commitments.
- Choose an action that supports ambition and self-respect.

Let's make it meaningful

BUILT AROUND YOUR AUDIENCE

Keynotes, interactive workshops, panels, fireside conversations, podcasts, and virtual events. Sessions can be shaped for workplace teams, women's and midlife communities, entrepreneurs, caregivers, and community or faith-inclusive audiences.

ADDITIONAL TOPIC: REINVENTION

Lead the Next Version of You: a conversation about moving through career, identity, and life transitions with self-trust, courage, and intentional action.

FORMAT & INVESTMENT

Typical formats include a 45-60 minute keynote or a 60-90 minute workshop. Shorter talks, panels, and virtual sessions are discussed during planning. Local engagements start at \$500; out-of-state engagements start at \$1,000; international engagements start at \$3,000. Travel and accommodations are additional when applicable. Scope, availability, and the final fee are confirmed before booking.

WHAT WE PLAN TOGETHER

- Your audience, event goals, theme, and preferred format.
- A tailored session description, speaker bio, and headshot for promotion.
- Timing, accessibility needs, microphones, and any presentation materials.
- Audience reflection prompts or resources where appropriate for the format.
- Recording permissions and any agreed social promotion.

A SIMPLE BOOKING PROCESS

Share your event details. We'll discuss fit, availability, format, and investment, then confirm the scope and written agreement before securing the date. A pre-event planning conversation helps tailor the session to your audience.

Discuss Your Event

Share your date, audience, and vision. Let's explore the right fit.

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