



## **SPEAKER, COACH, FACILITATOR, AUTHOR**

Tina Kruse empowers students and families toward **meaningful outcomes in school**--confidence, clarity, and wellbeing--amid stressful educational times. She draws on **25 years of teaching and advising** college students, as well as a PhD in educational psychology, to craft inspirational and informational messages for **families, students, teachers, and administrators.**

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# SIGNATURE TOPICS



- The Power of Academic Wellbeing
- Defining Purpose in College
- Healthy Approaches to Admissions
- Strengthening Families in High School
- Redefining Excellence in Schools
- Academic Stress & Resilience
- Youth Leadership & Communities

# AUDIENCES



- Students in high school & college
- Parents, caregivers of adolescent students
- Secondary level teachers & admin
- University faculty & student-facing staff

# AUDIENCE FEEDBACK

“Your presentation helped me understand what my highschooler needs to manage his school stress better. We are fighting less too. It’s a win!”



“She explained the complex problems of today’s schools in a way I hadn’t thought about. I’m better prepared to help my child navigate the coming stressors of college admissions.”

“I appreciated the perspective of a college professor to learn what my students need most to handle college.”

“Knowledgeable, clear and professional. An inspiring speaker for my staff.”

# PUBLISHING

- articles for *Grown & Flown* parent media outlet
- *Making Change* (2019) Oxford University Press, academic book on positive youth development
- chapter on Youth Strengths in *World Youth Report 2020*
- monthly blog articles about Academic Wellbeing on website

# WHAT YOU CAN EXPECT

Whether as a Keynote Speaker or guest on TV or podcast, Tina Kruse prepares to reach the audience by understanding their perspectives first. She delivers well-prepared, timely, and engaging messages across media, with a consistent aim to inspire and inform about student needs.

# SAMPLE SPEAKING

- St. Paul Academy upper school faculty
- American Assoc. of Colleges & Universities
- Ursinus College
- Nebraska Wesleyan University
- St. Olaf College
- Sprockets Youth Network of St. Paul
- Department of Social Affairs, United Nations
- Capilano University, British Columbia
- *The College Prep* podcast



# BOOK TINA KRUSE FOR SPEAKING EVENTS:



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