

Krista Rizzo, CPC is a Certified Professional Coach, Motivational Speaker and Author. She's the creator of the #WhyAmIYelling? Brand. After experiencing her own transformation through coaching in 2015, Krista decided she needed to help others create theirs. She helps people who are struggling with personal and professional blocks go from feeling unappreciated, invisible and unworthy to excited, happy and fulfilled by teaching them to overcome their fear of change through positive self-acceptance, relationship appreciation and faith.

With over two decades of corporate experience in relationship management, she now brings her knowledge and skills to her clients and audience. Krista offers customized one on one coaching, group workshops and inspirational keynotes based directly on her client's needs. She published her first book #WhyAmIYelling? Because...Relationships! in 2018.

As an entrepreneur, Krista has been facilitating engaging and interactive relationship-based workshops since 2016. Some of the topics she focuses on are:

- Inspiring Transformation, a workshop devoted to teaching others how to overcome their fear of change to inspire personal transformation.
- #WhyAmIYelling? Because...Relationships! Based on her book, this presentation is about the foundations of relationships and how they can be used to successfully maintain all of the relationships in your life.
- Positive Parenting: Stemming from her partnership with Babies R Us, Krista has created workshops and coached parents on many topics including: creating positive communication with your children, supportive co-parenting, setting boundaries and expectations, and more.
- Other topics include: parenting, mindset and communication, women's empowerment and self esteem, deconstructing toxic work environments, using relationships to increase productivity in the workplace.

Krista has successfully delivered her workshops and keynotes to businesses, high schools and private groups across the country.

Krista holds a Business Degree from Bauder College, and she received her Coaching Certification from Coach Training Alliance. She holds certifications in Life Coaching and Career Coaching which are recognized by the International Coaching Federation (ICF).