



KRISTEN FEEMSTER, LMFT

Licensed Marriage & Family Therapist • Wellness Coach • Facilitator

Mental Health & Performance for Athletes, Fitness Communities & Everyday Women

ABOUT KRISTEN

Kristen Feemster is a Licensed Marriage & Family Therapist, wellness coach, and facilitator specializing in the intersection of mental health, movement, and behavior change. She supports athletes, active women, and everyday performers in understanding how stress, emotion, identity, and mindset show up in training, wellness habits, and daily life.

Rooted in clinical skill, trauma-informed care, and real-world coaching experience, Kristen brings a compassionate and practical approach that helps people reconnect with confidence, consistency, and sustainable health.

SIGNATURE TOPICS

- Mental Health in Athletics
- Burnout, Pressure & Identity in Sport
- Coaching Communication & Team Culture
- Emotional Triggers on the Gym Floor
- Mindset, Motivation & Behavior Change
- Psychology of Injury & Recovery
- Wellness & Mental Health for Active Women
- Reducing All-or-Nothing Thinking
- Nervous System Regulation for Performance & Daily Life

SIGNATURE TOPICS

- Collegiate Athletic Departments
- Coaches & Student-Athlete Development Teams
- Gyms, Fitness Studios & Personal Trainers
- Physical Therapy & Sports Medicine Clinics
- Women's Wellness Groups & Community Organizations
- Everyday Women Pursuing Sustainable Wellness

WORKSHOP EXAMPLES

Mental Health in Athletics

A practical and relatable workshop for athletes, coaches, and athletic staff focused on the connection between mental health, communication, and performance.

Mental Health on the Gym Floor

A training for gyms and fitness professionals on recognizing emotional triggers, supporting client mindset, and helping athletes stay consistent without shame or pressure.

Everyday Women, Everyday Wellness

A workshop designed for non-athlete, non-fitness environments — helping everyday women build sustainable, long-term wellness habits free of gimmicks, extremes, and diet culture. Focuses on confidence, nervous system awareness, self-talk, and consistent routines that support longevity and well-being.

Past Collaborations

Women'sHealth

THERAPY
for
BLACK GIRLS

ENEWS

Shatterproof



NATIONAL COUNCIL
for Mental Wellbeing

PRETTY
GIRLS
SWEAT

MONTREAL
COLLEGE

LORNA JANE
ACTIVE LIVING



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