Kristie Knights is a Psychotherapist in Private Practice, C-Suite Leadership Expert, and Professional Speaker in Suicide Prevention and Awareness. She provides assessment, education, and strategies to C-Level organizations, including C-Suite Executives in Psychological Health and Safety Management.

Kristie is the Founder and CEO of *iRise Leadership Institute*, a Non-Profit 501 (c)(3). It provides leadership training, educational resources, and awareness in suicide prevention. She published a book titled: *UnSung Heroes: Deconstructing Suicide through Personal Stories of Triumph*. It provided a platform for those who have contemplated or attempted suicide to share their stories so they may inspire others to live. All proceeds are donated to suicide awareness and prevention through educational programs. Kristie has also co-authored multiple books in leadership.

She has also written 100+ articles for a variety of web-based companies on self-growth, including Thrive Global and The Teen Mentor. She has co-authored multiple business books.

Kristie most recently founded *Ask-The-Therapist Show* on Facebook. It is a weekly live show where audience members can ask questions to receive guidance, support, and inspiration. In addition, she launched the podcast *The Revolutionary Leader: Conversations of Influence and Change* on iTune, Google + and SoundCloud. The podcast features Kristie interviewing guests about their battle with mental health issues, how they overcame, and are living a life of joy. Among the guests are professionals that can offer support and guidance to the audience.

She is a member of the C-Suite Radio Network, Hero Club Member and Board Advisor, International Coaching Federation, National Board of Certified Counselors, National Speakers Association, American Counseling Association, and American Association of Suicidology.

Kristie is committed to serve and lead others from a place of leadership, love and vulnerability. For additional information, visit Kristie at [www.kristieknights.com](http://www.kristieknights.com).