



www.gabiruth.com

Gabi Kelley

SPEAKER, COACH, & AUTHOR

MEDIA KIT

Hi. I'm Gabi!

SPEAKER, COACH, & AUTHOR

Gabi is a speaker, coach, author, and podcast host. She loves seeing and hearing about the God-dreams in the hearts of others and encouraging and inspiring people to keep moving toward those dreams, even when the going gets tough.

As a complex trauma survivor, Gabi is passionate about sharing about the different healing modalities and trauma recovery insights she has gained over the years in order to help other trauma survivors and those with complex-PTSD.

Gabi is mommy to two adorable kiddos, Immanuel and Serafina. She and her husband, Benj, adopted Immanuel from Ethiopia in 2014 and it was their experience with him and helping his beautiful heart through adoption-related and early childhood

trauma that led Gabi to understand her own early childhood trauma story and to begin to intently dig into healing work. She has invested heavily in learning how to help herself and others befriend their nervous systems and overcome symptoms of CPTSD.

Gabi is gifted in drawing out people's stories as part of their movement toward healing. She believes every person's story is a story of redemption, and she loves to share hers and others in order to encourage, inspire, and offer hope. Gabi has spoken at events and conferences all over the world. She offers one-on-one and group coaching for trauma recovery and writing your story, is the host of the Pain to Passion Live podcast, and will be releasing her new book, *The Healing Dreamer*, in 2023.



Connect
with
Gabi ↓



@gabiruth



Facebook.com/
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Pain to Passion Live



@gabiruth84



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SPEAKING TOPICS

- ✓ Dream-Chase with Less Anxiety - Understanding Polyvagal Theory and Nervous System Regulation.
- ✓ When Your Pain Becomes Your Healing
- ✓ The Process of a God-Dream
- ✓ The STORY Framework for Healing: Safety, Therapeutic Intervention, Owning Your Story, Relationships, and You Being You
- ✓ The Dark Night of the Soul: What the Bible Says About Suffering
- ✓ Find Your Voice & Write Your Story

GABI HAS SPOKEN FOR WOMEN'S EVENTS, PERSONAL DEVELOPMENT CONFERENCES, MASTERMINDS, COACHING COMMUNITIES, WORKSHOPS, AND AS A PODCAST GUEST.

Client Testimonials

"Calls with Gabi have really been stretching & strengthening for me. Her compassionate & trauma-informed approach has helped me begin to believe in myself and dream again."

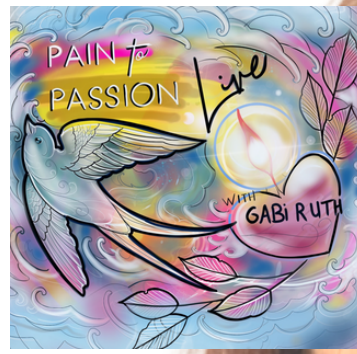
-Michelle

"Gabi provided a safe, judgment free space for me to experiment with new way of writing. Her masterclass really made me stretch and I walked away with new tools that I could immediately apply."

-Kelli

The Podcast

PAIN TO PASSION LIVE



Let's face it - life can really hurt sometimes!! And that hurt can make it feel hard to heal, move forward, and dream again. But here's the thing over and over again, we find that the people who are doing extraordinary things with their lives have been through hard stuff. And time and time again we see that it's those very things that were meant to destroy them that turned into the catalyst for the purpose in their lives. Their pain turned into their passion. God has a way of restoring our brokenness and turning it into strength and purpose. This podcast is all about that redemption.

GUESTS HAVE INCLUDED:



Amberly Lago



Brooke Hemingway



Dr. Krissy Doyle-Thomas



Dr. Alison Cook



Emmy Marie



Bethny Ricks



Aundi Kolber



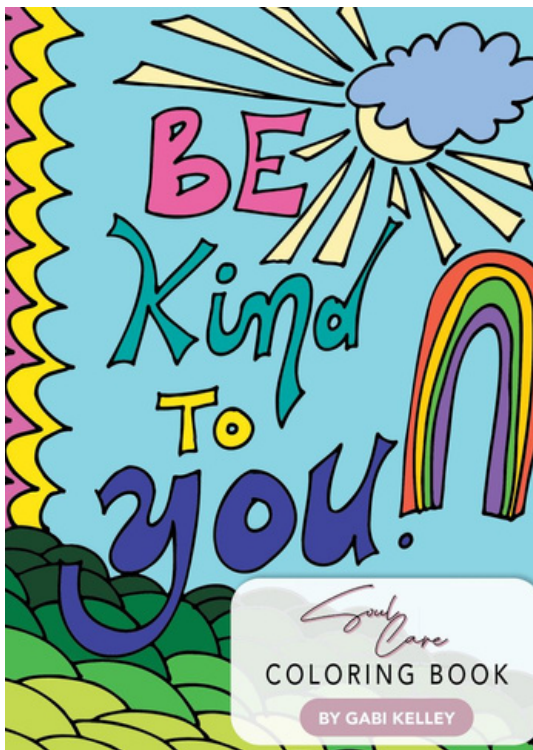
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Website

GABIRUTH.COM

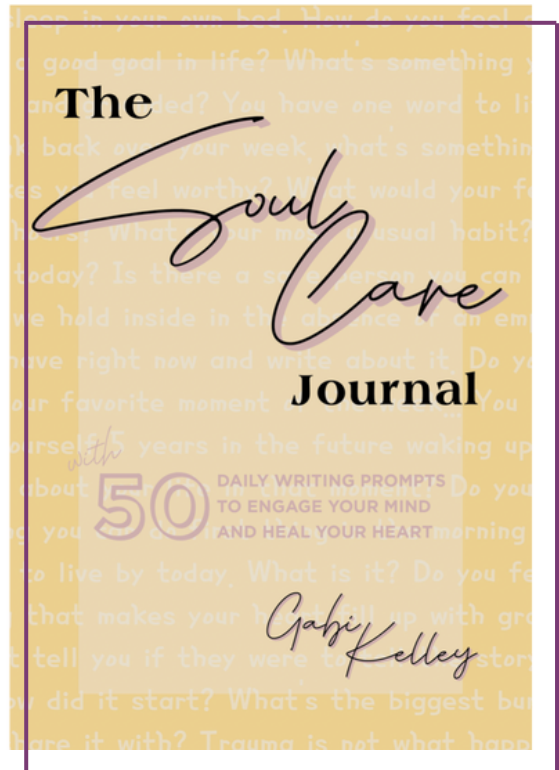
There are multiple different ways to connect and/or work with Gabi available on her website! This is the central location for all the things - the blog, speaking invites, store, coaching opportunities, email list, and podcast!

Resources



BE KIND TO YOU Soul Care Coloring Book

This coloring book is full of reminders that you are precious, worthwhile, worth paying attention to, and filled with purpose. Be free. Be kind to you. And heal, baby, heal.



THE SOUL CARE JOURNAL
50 Daily Writing Prompts to Engage
Your Mind and Heal Your Heart
Beautiful photography combined with
specially curated journaling prompts.
Created especially for trauma recovery
warriors.

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WHO I WORK WITH

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WHAT YOU CAN EXPECT

Nam scelerisque blandit justo, eu scelerisque nisl pretium elementum. Suspendisse potenti. Sed odio enim, auctor a pellentesque sit amet, ullamcorper in purus. Etiam dapibus tristique porta. Donec in vestibulum arcu, nec suscipit sapien.



GET IN TOUCH

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Olivia