



# Chrissy “Christen” Strags

Motivational Speaker & Consultant

Christen, a former WNBA strength coach with nearly a decade of experience training Olympic athletes and WNBA All-Stars, now brings her expertise to students, athletes, and high-performing individuals.

She specializes in helping individuals achieve peak performance through her “Peak Performance Equation,” a proven approach to making optimal choices and getting the best results in any situation.

TRUSTED BY:



## SIGNATURE TOPICS

- ✓ Building Resilience
- ✓ Purpose & Self-Worth
- ✓ Leading With Impact
- ✓ Mindset Mastery
- ✓ Wellness for Peak Performance

“Chrissy is super passionate about her craft and development of you as an athlete and you could tell every day. I always knew she would get the best out of me even on days I didn't want to!”

**- Dearica Hamby, Los Angeles Sparks**  
2x WNBA 6th Woman of The Year  
2024 USA Olympian Bronze Medalist



WNBA All-Stars  
trained



Seasons training  
pro + college athletes



Olympians  
trained



Seasons as WNBA  
Strength Coach



WBB Hall of Fame  
Inductees trained

# UNDRAFTED

## *How the Underdogs Become Elite and How You Can Too*

In "Undrafted," former WNBA Strength Coach Christen Strags reveals the mindset, training strategies, and daily habits that transform overlooked athletes into All-Stars and Olympians and shows teams how to apply these same principles to their careers, health, and lives. This is a performance playbook rooted in real stories from elite sports, backed by science, and designed to be immediately actionable.

Christen teaches attendees how to perform under pressure, build sustainable resilience, and invest in the behind-the-scenes work that separates high performers from everyone else. She teaches frameworks for preparation, recovery, and execution that attendees can use. Audiences will walk away ready to perform, not just motivated to try.

### **Takeaways:**

- **Redefine Mental Toughness:** *Discover why elite athletes balance grit with grace, knowing when to push and when to recover.*
- **Master The Fundamentals:** *Adopt the daily habits top performers use to stay consistent, recover smart, and avoid burnout*
- **Own Your Preparation:** *Stop waiting for permission or validation and start investing in the unseen work that creates lasting results*

*Ideal Audiences: Corporate teams, leadership conferences, professional development programs, DEI initiatives, women's networks.*



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# PEAK PERFORMANCE HACKS

## *The Core 5 Formula for Energy, Wellness and Success*

Success starts with energy, and most professionals are running on empty. Christen breaks down the habits of elite athletes into five simple pillars anyone can follow: strength & conditioning, nutrition, sleep, hydration, and mindfulness.

This keynote delivers practical, science-backed strategies that help teams recharge, manage stress, and maximize both wellness and performance. Participants walk away with actionable tools to increase their energy, sharpen their focus, and protect their performance when it matters most. This isn't about perfection—it's about making smarter choices that fuel consistency, resilience, and long-term success.

### **Takeaways:**

- **Apply the Core 5 to boost energy, focus, and stamina.**
- **Build wellness habits that fit demanding professionals' schedules.**
- **Learn how small health hacks compound into big success outcomes.**

*Ideal Audiences: Corporate wellness programs, leadership teams, professional development events, athletic departments.*



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# THE KEY TO CONFIDENCE

## *Choices, Trades and The Mindset to Win*

An interactive workshop designed to help teams build energy, focus and lasting confidence. Christen guides participants to understand how everyday choices and intentional “trades” shape their stamina, performance and mindset. Participants learn how to manage their energy, protect their performance, handle adversity, and stay locked in across long seasons.

Rooted in the habits and mindset of elite performers, this workshop gives participants practical tools to quiet self-doubt, stay consistent, and sustain momentum all year long.

### **Takeaways:**

- **A simple framework to make confident, intentional decisions.**
- **Strategies to boost energy, wellness, and stamina.**
- **A personal plan to maintain confidence and momentum all year.**

*Ideal Audiences: Leadership teams, emerging leaders, DEI resource groups, athletic teams, companies focused on employee engagement and decision-making.*



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# THE SEPARATION FACTOR

## *Why Some Athletes Soar and Others Stay Stuck*

The Separation Factor teaches teams how to consistently do the small things that set them apart. It's the mindset and method behind why some rise to elite levels while others plateau.

At its core, The Separation Factor shows that high performers aren't born different—they behave differently. They make better choices, smarter trades, and more intentional decisions.

Participants will learn how to prepare at a higher level and elevate their performance through uncommon consistency and disciplined execution. This keynote bridges the gap between talent and results, showing teams how to turn everyday moments into competitive advantages.

### **Takeaways:**

- **Create daily habits that compound into long-term success.**
- **Respond to adversity with resilience instead of frustration.**
- **Build mental and emotional strength that lasts beyond competition.**

*Ideal Audiences: Athletic teams, student-athlete leadership groups, competitive sports programs, high-performing teams seeking an edge.*



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