

Cristin Downs

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Leader, Truth Seeker, Storyteller, Disrupter, Advocate



I'm Cristin! So nice to meet you!

Who's Cristin?

Hey there! Meet Cristin Downs. Fierce, funny, and fired up, Cristin is a leader, truth seeker, and storyteller with a hell-bent mission to empower women. Described as a "gentle, non-stop powerhouse," you can find Cristin interviewing visionary women leaders on The Notable Woman Podcast and The Notable Woman Live!, making the news notable on her daily news show, Notable News, found on Anchor and FB Audio Broadcasts, hosting weekly guest experts, panels, and one day summits that empower women in her free Facebook community, The Society of Notable Women. She's a connection maven and hype man, and she sets movements on fire.

Cristin has over 21K followers on her Facebook page, thousands of weekly views on her live show, a combined social reach of over 35K, and her podcast was featured on NPR in October of 2017.

Expert Topics

- women empowerment
- disrupting patterns or behaviors
- bringing your ideas to life
- becoming the boss of your business or non-profit
- creating community, even in Facebook groups
- creative content projects like podcasting, Facebook live shows, or recorded video
- "Hype," self-described as connection + scrappy PR

Interview Questions for Cristin

- What are the common ways women disempower themselves?
- How did becoming a mother change your perspective on women in the workplace?
- What's gaslighting and how are women often times their own worst gaslighters?
- With all these Facebook groups closing, why do you think they're still important?
- How can changing my mindset change my life?
- Why are you passionate about helping women leaders?



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