

# Cristin Downs

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Leader, Truth Seeker, Storyteller, Disrupter, Advocate



## 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, hosting weekly guest experts, panels, and one day summits that empower women in her free Facebook community, The Society of Notable Women, and mentoring women leaders one on one mentoring and through learning and development workshops. She's an activator and connection maven, and she jumpstarts projects and ideas.

Cristin has over 20K 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's The Big Listen.

## Expert topics

- Women empowerment
- Disrupting patterns or behaviors
- Theatrical thinking as an approach to innovation
- Bringing your ideas to life
- Becoming the boss of your business or non-profit
- Creating community
- Creative content projects like podcasting, live shows, recorded video, or books
- "Hype," 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?

