

# Kristina Cotis Hamlett

kristinahamlett.com  
kristinahamlett@gmail.com

I am a writer, blogger and speaker whose primary focus is on the journey of writing, including creative non-fiction, poetry and inspirational pieces about mindset, consistency and wellness.

## PRINT PUBLICATIONS

***She Lives Here***, Kristina's first collection of poetry and prose was released in 2021 from Life in 10 Minutes Press.

***What I Love About You: A Guided Journal to Writing Your Proposal and Vows***, 2018. This e-workbook is a series of reflective writing prompts and quotes developed to help people craft a proposal, write their vows or love letters.

## BLOG & NONFICTION WRITING [kristinahamlett.com](http://kristinahamlett.com),

May 2017–Present

I created this space to document my writing and wellness journey, specifically through the lens of someone who has adopted a plant-based diet. I share the posts on my social media platforms. There are creative non-fiction pieces, writing career updates, plant-based recipes and inspirational posts with a focus on mindset and consistency with writing.

## OTHER PUBLISHED WORK

### Works published on [lifein10minutes.com](http://lifein10minutes.com):

- *Whole Black Self*, June 2020.
- *Happy Anniversary*, August 2017.
- *Second Church*, April 2017.
- *A Time Gone By*, February 2017.
- *Yellow Dress*, February 2017.
- *I am not a walking color*, January 2017.

### Liminalities

- *A Walking Color*, Issue 15.4, October 2019.

### WellIntoLife.com

- *Brightest Hope*, September 26, 2018.

### 30Seconds.com

- *Going Vegan: Here are 3 Tips for Your Plant-Based Journey!*, June 2018.

### Mitchell-Productions.com

- *A Helping Hand*, January 2018
- *My Experience at the 2017 Pop-Up Conference*, December 2017.

### ForeverBeMoved.com

- *More than Skin Deep: Resilience in the Face of Health Challenges*, Sept 2017.

### KimberlyElise.com

- *My Best Medicine: A 10k Story*, July 2016.

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## The Church Hill Newsletter

- *Musings on my 2<sup>nd</sup> James River Writers Conference*, December 2017.

## PROFESSIONAL WRITING

- Editing promotional material for Change International, May 2018.
- A.I.M.I.N.G. HIGH mentorship program pamphlet, September 2015.
- Abstract, transcription and biography for the audio recording “*A Woman’s Anatomy*” by Alice Freeman, March 2011.

## SPEAKING

- Speaker, *My Life As a Blogger*, Riverside Young Writers, June 2, 2018.
- Panelist, *A 2018 Creative Plan: Scheduling, Motivating & Organizing Your Writing Life*, James River Writers January Writing Show, January 2018.
- Speaker, RVA Lit Crawl, April 2017.
- Presenter, *The African-American Experience: An Interdisciplinary Examination of Five Plays by August Wilson*, Symposium at Howard University, April 2005.

## TEACHING

- Teaching Facilitation Workshop with Life in 10 Minutes, November 2019.
- Life in 10 Minutes Writing Workshops, 2017–2018.
- Pens Up, Fears Down Writing Workshops, 2017.

## PROFESSIONAL MEMBERSHIPS

- James River Writers, 2017–present.

## HONORS AND AWARDS

- *The Storyteller Research Project: Digital Storytelling for Women of Color*, University of Alabama, Tuscaloosa, **October 5th-7th**.

I was among 15 women in the country selected to create short-form stories using writing, narration, images, artwork and video edited into a five-minute story to be presented as part of the The Storyteller Research Project.

## EDUCATION

- Bachelor of Science, Psychology; Minor: Religion, Cum Laude **Shenandoah University, Winchester, VA, May 2005.**