

*Krissy Regan*



**AUTHOR | POET | SPEAKER | COACH**

*Media Kit 2022*

**[HTTPS://LNK.BIO/KRISSYREGAN](https://lnk.bio/krissyregan)**

# Krissy Regan

Author

Speaker

Coach

Program Facilitator

Parent

Podcaster

Fundraiser



*fierce Truths*  
Spiritual Magazine

**Mindful Parenting**  
nourishment for the nurturer



## *About Krissy Regan*



Krissy Regan was born in Townsville, Queensland, Australia in 1975. She lived most of her early life on a cattle station in regional North Queensland before electricity and real telephones were available. Krissy was home-schooled from year 1-6 via Distance Education and School of the Air. She didn't have many friends her own age to play with, so she used her time to ride her horse, bake from recipe books, and make up poems and stories on her swings.

Aged 11, she went to boarding school. Krissy never really fitted in to a group environment or followed the crowd. She excelled at sport and felt more comfortable learning independently than from teaching staff. Krissy studied exercise science and sports management and spent two decades travelling the globe playing sport, working on sporting events and coaching sport. She even coached staff at Buckingham Palace.

The desire to create stories and poems was never far away and in 2020 Krissy published her first book. A self-help health and well-being book. She launched the book live online, at the Kembali International Literature Festival and was nominated for Australian Business Book of the Year in Health and Well-being, Personal Development, and Audiobook. She then went on to publish three children's books focused on self-acceptance, self-love, trusting your instincts and overcoming challenges.

Krissy is a 2022 Finalist in the Australian Women Small Business Champion Awards. She is a Mum to 2 young girls and spends her time mumming, working, writing, running and helping others to nurture themselves, as well as their children. Krissy founded Mindful Mums Qld in 2019 and offers programs, workshops and retreats.

In 2022 Krissy is raising funds for Ukraine, running 1500kms including; 2 official Marathons and 2 official half-marathons, alongside many other events.

# Awards



AUSTRALIAN WOMEN'S  
SMALL BUSINESS  
**CHAMPION**  
AWARDS 2022

**FINALIST**

SMALL BUSINESS CHAMPION  
INFLUENTIAL WOMAN

KRISSY REGAN  
MINDFUL MUMS QLD

*Alva*  
Award Director, Precedent Productions  
precedent

 Commonwealth Bank



**Australian Business Book  
Awards tonight at 18:30/19:30**

*Nominated for;*

- *Health & Well-being*
- *Personal Development*
- *Audiobook*

[www.thewellnesspoet.com](http://www.thewellnesspoet.com)



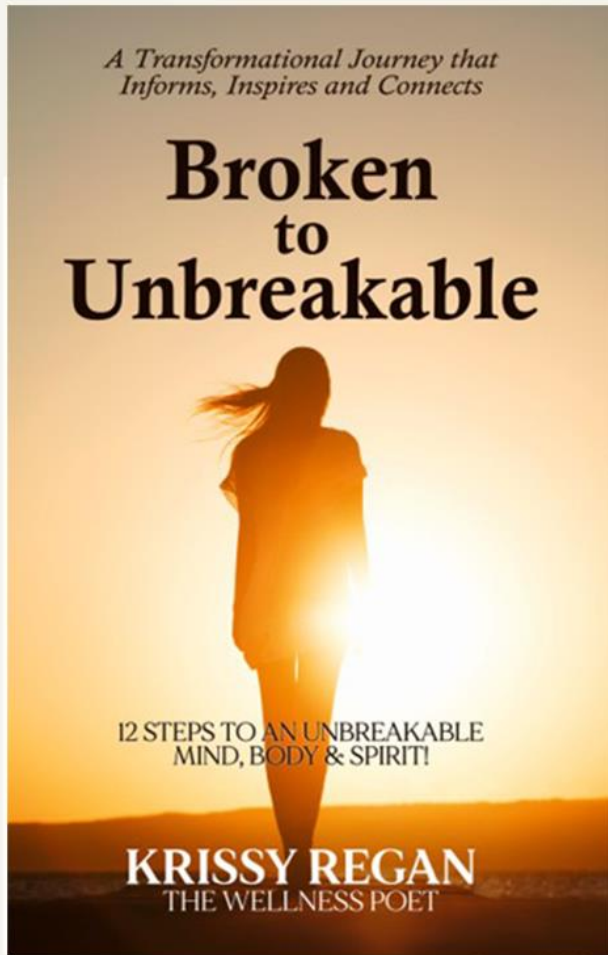
AUSTRALIAN WOMEN'S  
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**KEMBALI  
2020**  
29 OCT- 08 NOV

## BOOK LAUNCH BROKEN TO UNBREAKABLE: 12 STEPS TO AN UNBREAKABLE MIND, BODY & SPIRIT

KRISSY REGAN

31 October 2020

17:00 - 18:00 BALI

Streaming on [ubudwriters](#)



### AUTHOR TO SHARE KOALA STORY WITH BURDEKIN KIDS

Regan's story follows the story of a koala who loses his parents in a bushfire and goes on the search for love and friendship, which he finds in some other native animals. Burdekin Shire Mayor Lyn McLaughlin said it was a privilege to welcome Krissy back to the Burdekin. "Storytime is the Burdekin's most popular First 5 Forever program, and it is fantastic to be launching the 2021 program with North Queensland author Krissy Regan," Cr McLaughlin said. "The Koala Who Lost His Heart is a beautiful story, for Australia especially, helping teach children about not only natural disasters but acceptance and the importance of friendship. "In the lead up to Australia Day I couldn't think of a more fitting book than one featuring some of our most iconic wildlife, which has not only been written but designed and printed right here in Queensland. "I invite all families to join us at the Burdekin Library as we celebrate the launch 2021 Storytime program."

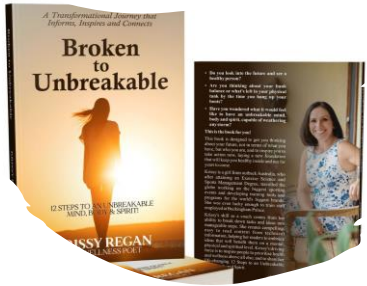
RISK ABATES | Sixth time

The  
Wellness  
Poet

# Author

WRITER, POET & CONTRIBUTOR

# ***Books By Krissy Regan***



## **Broken to Unbreakable**

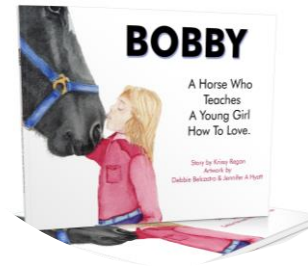
12 Steps to an Unbreakable Mind, Body & Spirit.



## **The Koala who Lost his Heart**

A story about a young koala who loses his parents in a bushfire.

Endorsed by the Australian Koala Foundation



## **Bobby**

A Horse who teaches a young girl how to Love.



## **London to Townsville**

A story about a little girl who moves from England to Australia.



## **Go Get em Mumma**

Not just a Super-mum.



# Contributor Print

## A JOURNEY HOME TO FIND Good Health

By Krissy Regan, The Wellness Poet

I moved home, from London to Australia in September 2018 and my health was poor to say the least. I did not have anything specific that I knew of. I was just exhausted, in pain and constantly getting sick. I had a 10-month-old and a 4-year-old and I had not slept in almost 5-years. After several visits to different Doctors with many scans and blood tests, I still did not have a formal diagnosis. My Thyroid and Liver were not functioning well and I had large painful breast cysts. The cysts were drained, I was tested for all kinds of cancer and I was left feeling even more miserable. My requests for prescription strength pain killers and sleeping tablets was met with disdain from my GP. However, I refused a prescription for anti-depressants after googling the side-effects.

One day I took my daughter to a Salt Room Therapy. In this room I read some well-being magazines. I had not read any well-being or glossy magazines in years. A few articles in these magazines sparked some ideas and I decided to start implementing a few stress reduction techniques to help me sleep. I also decided to start exercising and educate myself more about nutrition. I discovered a Pilates group on a Saturday morning near my home and I turned up one morning at 7:00am after 3-hours sleep, with a cup of coffee in my hand, declaring to anyone near me that I was, 'just walking'. If I had to carry a cup of coffee then there was no pressure for me to perform.

It's true that overweight, exhausted people with scoliosis, plantar fasciitis and weak knees don't like jogging - why would you? Seriously if you want me to jog, I might want to hurt you! I understand and I know that jogging when you have one, any, or all of these, is just not on your list of To Dos.

It's funny and not funny because I studied Exercise Science and Sports Management, competed at three World Championships and still hold a record for running at my school since 1988. I gave up exercise in my late 20s after my last World Championships and focused on my career. My career has taken me to amazing places, but I spent a lot of time on my butt. I'm not ashamed to say that as my bank account and credit card limit got bigger in my 30s my butt did as well and while I think big butts look OK on some people, on reflection now I can see how the neglect of my health and well-being started when I gave up exercise and became sedentary.

Modern life is just so damn sedentary... We sleep, we sit, we drive, we sit, we sleep and sometimes if we need to, we move slowly around throughout the day or, we rush from one sitting place to the next...

**Here's the top 10 exercise benefits for your mind, body and spirit:**

- Exercise increases your energy levels.
- Exercise reduces your risk of chronic disease.
- Exercise lowers your biological age.
- Exercise makes you feel happier and improves your mood.
- Exercise helps you lose weight and maintain a healthy BMI.
- Exercise improves circulation which helps your brain health and memory.
- Exercise helps build and maintain strong bones and muscles.
- Exercise helps you sleep better.
- Exercise helps reduce pain and aids with pain management.
- Exercise improves hair and skin by improving surface blood circulation and taking away cell debris.

My old life involved sleeping as much as I could, working long hours, eating and drinking too much and staring at a computer. These days as a working mum to two small kids, I sleep very little, I work longer hours and often I stare at a computer, BUT in between all of that I move, I stretch, I walk, I jog, I swim, I dance, I remind myself that I want my body and mind to be healthy.

**KRISSY REGAN**  
Mindful Mums Qld  
tel: 0419398581

Online Wellness School, Workshops, Retreats, Coaching,  
Books, Blogs & Poems!  
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magazine.sundalah.com.au

Fierce Truths  
Magazine Good

## All or Nothing in Health and Wellness

by Krissy Regan - The Wellness Poet

Do you struggle with **all or nothing** in your health and wellness?  
Do you bounce between eating well, exercising, practising self-care, and then flip to total sloth, bingeing and failing to stretch after a long day staring at a screen?

You are not alone in your **all or nothing**! In my life, I've been prone to all or nothing; athlete to couch potato, chilled out to stressed out. There is no shame or blame, it happens! Sht happens; Life happens; Work happens; Parenting happens.

But I have a new secret to avoiding **nothing**, and embracing **all**. By all, I mean, "most of the time" instead of "sometimes or never". The secret is to foster and cultivate a Wellness Mindset. A Wellness Mindset is recognising the obligations, responsibilities and desires in your life, and then consciously choosing that wellness is your ultimate goal.

If Wellness is your ultimate goal, then you will create space in your life to stretch, exercise, meditate, understand good nutrition, practise breathing techniques, become more mindful and embrace a self-care routine. A mindset of wellness enables you to veer away from doing **nothing**, when life becomes busy, stressful, overwhelming or out of control.

I was lucky and unlucky to have Covid in January. In the depths of summer in North Queensland, with two small kids at home, Covid was not fun. As sweat poured down my back while making lamingtons for the kids on Australia Day, I alternated between attentive parent, and leaving the pantry door open, hoping I could get some rest. I was not proud of myself during that long, hot week. I'm sure you've had this experience yourself.

Leading up to my week with Covid, I was running daily, eating really well, and feeling pretty good that I'd managed a relatively binge free Christmas and New Year. It took three weeks after Covid to recover my fitness, and there were days when I felt it was just too hard. I was embarrassed that I could not keep up my old pace, and I had eaten far too many lamingtons in the days I was home sick. BUT instead of giving up and going back to **nothing**, I chose to be compassionate to myself. To recognise that I was now at an **all or nothing** fork in the road and if I veered too far left, I would not regain my Wellness any time soon. So, I chose to stick it out, go back to basics and be kind to myself.

It was in the weeks that followed that I sought camaraderie instead of competition, and slowly my well-being and my fitness found their flow, and I could settle back into a routine of wellness.

One thing I've learned about myself in 46.5 years is that I AM prone to **all or nothing**, and now I choose to be **something** all of the time, rather than **nothing**, most of the time. A Wellness Mindset is my compass, keeping me on the right track **all of the time**, regardless of what comes my way.

### What is a Wellness Mindset?

Ask yourself these Questions.

1. What can I do to look after myself this week?
2. When can I schedule exercise into my week?
3. What will I fuel my body with this week?
4. When can I make time to relax and unwind?
5. What can I do just for fun this week?
6. What time will I go to bed this week?
7. Do I have any pressures and deadlines this week that need to be managed?
8. Do I need any extra help this week?
9. Am I organised to ensure that I can prioritise Wellness as part of my week?
10. How am I feeling and what does my body need today?

**The Wellness Poet**  
**KRISSY REGAN**  
Mindful Mums Qld  
tel: 0419398581

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www.thewellnesspoet.com

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## Freedom from Doom and Gloom

I can choose what I think, I can choose how I feel, and  
I can choose how I respond to situations in my life.  
This is internal freedom.

Spending mental and emotional energy in the doom and gloom of life is not uncommon. It's all around us, overwhelming and all-consuming, often hard to escape. Many people want freedom. Freedom to make choices and not feel trapped. Funny that we should not feel free in the land of the free! Free healthcare, benefits, schooling and so on. So much free stuff everywhere. Free courses, free magazines, free activities. There is an abundance of free stuff at our fingertips and on our doorsteps. We just choose to forget about them and get trapped into the mindset that we are living and working for others. Unsure of the meaning in our own life.

When I was 10 years old, I wrote a poem that went like this.

*I sit here watching day by day,  
My life before me pass away,  
And even though no-one else can see,  
At least I know my spirits free.*

When I wrote that poem, I probably didn't even understand what I was writing about. But 36-years later, I'm very clear on what that poem means.

In the land of the free, we can choose our job, or we can choose not to work. We can choose who we marry, and we can choose to live alone or with others. We can choose what kind of food we want to eat, and we can choose who we spend time with. These freedoms are often over-looked, and we get bogged down in negativity, fear and frustration. We are not all born into exceptional situations and often we have to overcome immense hard-ships and setback throughout our life. What we do with those events will ultimately determine how we live our life and what we do with it. I can choose what I think, I can choose how I feel, and I can choose how I respond to situations in my life. This is internal freedom. And in the land of the free, internal freedom is what's missing!

Here is what I have learned on my path to enjoying true freedom:

1. To forgive is to set a prisoner free and discover that prisoner was me!
2. If you don't bend, you break!
3. You are only as rich as your greatest memory.

**Krissy Regan**  
THE WELLNESS POET & FOUNDER OF  
MINDFUL MUMS Qld  
thewellnesspoet.com  
mindfulmumsqld@gmail.com  
www.connectmagazine.org



# Contributor Online

Are your Compromises Balanced?



By Krissy Regan The Wellness Poet  
Balance and Compromise, two words that take on a whole new meaning as a parent. I will talk about this from a Mum's perspective as I feel well qualified to write about this...

Decision Making in Uncertain Times!



The Wellness Poet

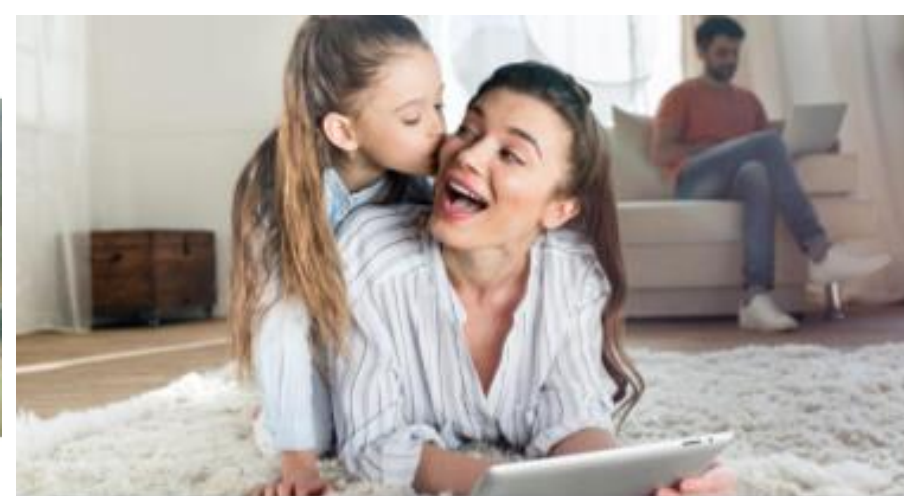
By Krissy Regan The Wellness Poet



Overcoming Stagnation in our Life



By Krissy Regan The Wellness Poet Do you sometimes feel like you are not moving forward? In this article I discuss the idea of Stagnation, and ways we can overcome it. This past 2 months I've felt myself stagnate...



KIDDIPEDIA.COM.AU

**5 Simple Hacks to go from Surviving to Thriving! -**

By Krissy Regan The Wellness Poet I'm guilty of living in "Survival ...

Get Some Advice



**Kicking off the New Year with Mindful Intentions**

By Krissy Regan The Wellness Poet What a start to the year it's been. So much excitement to be on holidays, see family and friends and travel and then boom... back to crisis mode with u...

[MORE](#)

Get Some Advice



**From Meh to Magic!**

By Krissy Regan The Wellness Poet The truth is not every day is our best day! There are just days when you wake up tired, burn-out, fed up and feeling blah! Maybe you feel Meh - an expression of ...

[MORE](#)



**Preparing for your New-born (Mindfully)**

By Krissy Regan The Wellness Poet How do we Mindfully Prepare for the arrival of our New-born? I would say that in life some things go to plan, and many things don't go to plan. This is certa...

[MORE](#)

Get Some Advice



**Perfection and Motherhood**

By Krissy Regan The Wellness Poet Are you a perfect mother? Was your mother perfect? Do you strive to raise perfect kids in an imperfect world? I'm far from a perfect mother. And s...

[MORE](#)

<https://kiddipedia.com.au/?s=krissy+regan>





times we currently live — Mindful  
Mums Queensland — the



**Mindful Mums Qld**

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# ***Mindful Mums Queensland***

## **Krissy Regan, Founder.**

Krissy founded Mindful Mums Queensland in 2019 to empower and inspire Mum's to nurture themselves as well as their children. Krissy offers workshops, coaching, articles, podcasts, memes and weekly lives to support women with modern parenting.

Krissy is a regular guest contributor to Kiddipedia and Mindful Parenting.







AUSTRALIAN WOMEN'S  
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**CHAMPION**  
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WOMEN'S ORGANISATION  
**MINDFUL MUMS QLD**

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 **CASTAWAY**

**Bulletin** SEPTEMBER 26, 2020 ISSUE 537

# townsvilleeye

**SADDLE UP FOR PALUMA PUSH**  
THE CITY'S MOST ICONIC ADVENTURE EVENT

 **MY PET**

 **DIANA CONDYLAS**

## INSPIRING A GENERATION OF MINDFUL MUMS

KRISSY REGAN SHARES WHY SHE CREATED A PLATFORM FOR MOTHERS TO PRIORITISE THEIR HEALTH AND WELLNESS





**Mindful Mums Qld**

@mindfulmumsqld  
mindfulmumsqld@gmail.com

THE TOWNSVILLE EYE SATURDAY 26 SEPTEMBER 2020 **WEEKEND 29**

# Weekend

## MINDFUL MUM INSPIRES

KRISSY TRADES A FAST-PACED CORPORATE CAREER IN LONDON FOR SUCCESS, HEALTH AND WELLBEING IN QUEENSLAND

**VISIT THE TOWNS LESS TRAVELLED**  
GO WEST TO EXPERIENCE THE OUTBACK CLOSE TO HOME









***SPEAKER***

COACH, FACILITATOR

# Speaker

## Topics

- Mindful Leadership
- The Power of Helping
- Bush Kid to Buckingham Palace
- The Wonder of Wellbeing
- Acting on Inspired Thought
- Living with a Wellness Mindset
- Health is Wealth
- Local War, Global Impact – Help for Ukraine
- Putting Trauma to Bed
- The Burnout Epidemic



## COFFEE IS ON ME!

### DISCOVER 12 STEPS TO WELLBEING FOR WOMEN!

Saturday, July 11, 9:45-11:45  
Tully Room, Pullman Hotel, Cairns

Learn / Laugh / Share

- What is a Wellness Mindset?
- Understand your Sustainers and Drainers.
- How to Switch Off.
- Simple Self-care for Busy Women.
- Take home eBook with Resources and Tools.
- Free signed Copy of Broken to Unbreakable.

@mindfulmumsqld @mindfulmumsqld



✦ Mothering expert shares 12 steps to being unbreakable

**INSPIRATIONAL** Krissy Regan was raised in a cattle station in North Queensland. She travelled the globe working on the biggest sporting events as well as training staff employed at Buckingham Palace. She shares her story of her breakdown and how she found her inner strength.



*"Krissy, thank you so much for your contribution to our Awards Day. Your address was both entertaining and inspiring and relatable for our teenage audience. You life story is entertaining yet something that I feel our students would have been able to identify with and your message was clear and delivered entertainingly."*

Karen Storey  
Acting Deputy Headmaster



<https://www.thewellnesspoet.com/speaking>



# Coach



"Queensland Youth Services engaged Krissy Regan to build our employees awareness concerning stress management, simple mindfulness techniques and understanding self-care. Krissy shared her personal life experiences, growing up in regional QLD, becoming a competitive sportsperson, travelling overseas and a career as a project manager for international corporations. A successful life that had tipped the scales, leaving her fatigued, overweight, and suffering multiple health complications. Krissy's story showed that she understood how life can become out of balance, and through research and determination she learned to get her wellness back. She is open in sharing her journey back to wellness and admits that the stress of work and life don't go away, but with the right tools each of us can deal with life's complications and tilt the scales back in our favour. Krissy is warm and funny, easy to listen to, and wise on the topic of wellness."

Wendy Lang, CEO  
Queensland Youth Services Inc.  
Townsville



<https://www.thewellnesspoet.com/speaking>



Liked by lanalovesfood and others  
inspiredbymythermie If you get a chance to attend this where you live make the effort to go. So much helpful, insightful information from Krissy.  
#midfulnessmatters  
#inspiredbymythermie #wellbeing  
#postivethoughts  
#replacethebadwiththegood  
@thewellnesspoet1 #puttingmefirst



## Workshops

- Mindfulness.
- Well-being at Work.
- Overcoming Overwhelm.
- Modern Health Hacks for Professionals.
- 5 Pillars of Wellness.
- Creating a Wellness Mindset

## Retreats

- Women's Wellness Retreats.
- Corporate Groups.
- Writers Retreats.
- Family Wellness Retreats.

<https://events.humanitix.com/women-s-wellness-retreat-airie-beach-17-19-march-2023>

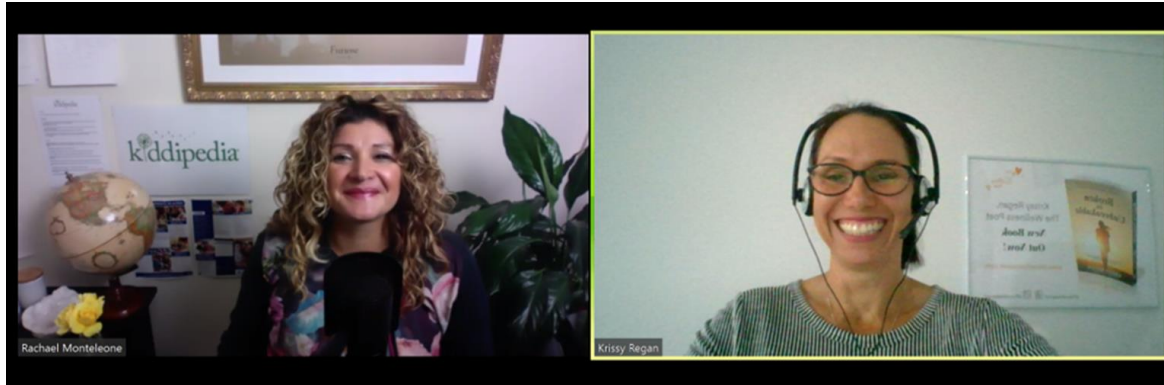
<https://krissy-regans-wellness-movement-mindful-mums-3.teachable.com/>

## Online Wellness School

- Online Wellness School.
- Expert Interviews and Advice.
- Apps, Downloads, eBooks.

# Podcaster

<https://anchor.fm/wellnesspoet>



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## Thinking our way to Good Health with Krissy Regan

March 13, 2021



0:00

-0:00



Krissy Regan, The Wellness Poet and Founder of Mindful Mums Queensland, an author, speaker and Wellness Coach based in Townsville, Queensland, Australia again joins eHealth Radio and the [Health News](#) and [Health &](#)

## Subscribe



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New Episode



## Krissy Regan, The Wellness Poet.

By Krissy Regan, The Wellness Poet.

My mission in life is to inspire people to prioritise their Health and Wellbeing above all else. I create books, blogs, poems and programs to connect, inform and empower others to cultivate life-long health and wellness. The purpose of my podcast is to share insightful wellness tips, as well as stories of

Listen on Spotify

Message



WHERE TO LISTEN





# Parent



## LIVING A LIFE OF SELF-CARE

AFTER CREATING HER OWN FORMULA FOR AN UNBREAKABLE MIND, BODY AND SPIRIT AND SETTING UP MINDFUL MUMS QUEENSLAND, KRISSY REGAN SAYS SHE HAS WELL AND TRULY EMBRACED A WELLNESS MINDSET

BETTINA WARBURTON

Krissy Regan is the epitome of an initiator. Not only has she created a valuable platform that's proving crucial in the times we currently live - Mindful Mums Queensland - she has also authored a

want to do this anymore. I can't have one in school, one in daycare and me running around London like a headless chicken. I just won't do it," she says. "I decided it was time to come home to Queensland, to



as many mothers as possible to prioritise their health and

My approach to Parenting is simple.

### When you Know better, You Do better!

There is no such thing as a perfect parent, as each child is different. Everyone's circumstances are different. I practice compassion for myself when I make mistakes and I endeavor to honor the relationship not the task.

I did not make babies the FUN way. It was a long, hard, expensive and traumatic road. I'm still recovering. BUT I want to be a healthy role-model for my children. To follow them around the world in my later years and to inspire them to follow their heart.

Children only want love from their parents. Children are people with their own hopes and dreams. I am a conduit for helping them achieve their full potential and the first care-giver to help nurture their mind, body and spirit.

It's a huge responsibility and my focus is to ensure they grow up to be healthy, accepted for who they are, understand their self-worth, and learn how to advocate for themselves.



# Fundraiser

My number 1 value is HELPING. I have no qualms about asking for something to HELP someone else. I am not good at asking for HELP for myself. But I'm practicing...

This year with the help of a global network of friends, strangers and colleagues I've been raising funds for my friends in Ukraine. I've run 2 marathons, hosted online children's book readings, created a FB group, bought supplies, sent clothing, food and medicine, helped people evacuate and generally done as much as I physically and financially can to support Ukrainians. This stems from a decade of working in Ukraine and Poland and having a deep affection for the people and the country. <https://bit.ly/RunforUkraine>



TOWNSVILLEBULLETIN.COM.AU SATURDAY OCTOBER 1 2022

WEEK

## Running for a cause

Krissy Regan is on a courageous running mission to help the people of war-torn Ukraine. The mother-of-two shares how she transformed her "overweight and unfit" body to one that completes marathons.

by BETTINA WARBURTON

would not weary, or break out, or stress about the process. I would show up, enjoy the process, have, laugh and challenge myself."

It was during all of this that something else happened.

A war started in Ukraine. It was a country Krissy had a strong connection with, after spending almost 10 years working with people in Ukraine and travelling all over the country.

"This was becoming deeply personal for me, and I spent more days and nights doing what I could to help my friends and that small community."

"I could," she says. "With support from friends and colleagues around the world I have been able to help a lot of people, and I decided that I would use my running as another opportunity to help Ukraine and raise awareness of the issues we face in the world, the longer this war continues."

"I initially set a challenge to run 126 (km) to raise funds for Ukrainian women and children."

But Krissy has since expanded her running challenge until the end of the year and hopes to reach up to 100km by then.

Krissy is getting closer to her target, nothing up nearly 100km so far.

"At the beginning of 2022 if you had told me I would do this I would have laughed and told

you that was crazy. But I did it."

Tomorrow, October 2, Krissy will take part in the Melbourne Marathon which is a distance of 42.2km.

"I calculated that after eight months of running I had already covered 950km in 2022 which is about the entire distance from one side of Ukraine to the other."

"If I could run 100km in 12 months, I could encourage people to help me help my friends."

"If you're ever experienced 200C, you can understand why a cost of vital importance. If you've ever been displaced, homeless, injured or in war you can understand why love and support is critical."

Krissy says when people tell her that she's very committed to her running or tell her they could never do such a thing, she has mixed feelings.

Because we can all do what seems impossible when faced with impossible obstacles," she says. "When I'm running and I feel an ache or a pain, I tell myself it's nothing and I'm supposed to be a woman and children who've lost their home. When I feel cold, hot or tired, I tell myself it's a challenge to what I've seen this year in Ukraine. When I feel someone great and frustration, I tell myself that every kind

gesture to one person is enough to be someone else."

Krissy says her running has many intentions are well placed to keep going for projects big and small.

"It's been a very strong time because I'm worried for my friends and I'm heartbroken for all the victims, but my distance running has helped me process the grief and build my strength."

Participating in the Mackay Marina Run on Sunday, June 5, before taking on the Village Roadshow Theme Parks Marathon on July 3 before returning home for the Townsville Running Festival half marathon in August will mean running 400km in total.

"To be honest, I never really wanted to run a marathon before, but in January I thought I'm 47 this year and I'm going to do it, I'll have to do it now," Ms Regan said. "But it needed to be someone else."

Author and wellness coach Krissy Regan will take part in the Melbourne Marathon Festival on October 2 to help reach her 100km running challenge. She has already completed the Mackay Marina Half Marathon and the Townsville Running Festival Half Marathon.

TOWNSVILLEBULLETIN.COM.AU TUESDAY JUNE 7 2022

NEWS 11

## Writer steps up to help Ukrainians

DANIEL SHIRRIE

AUTHOR: Krissy Regan is no stranger to helping out those in need. For the past 100 days she's been helping Ukrainian citizens with funds and remote assistance from the comfort of her own home.

The Townsville woman will take things a step further soon, however, running three long-distance events across the next few weeks in order to raise funds for those impacted by the Russian invasion.

"I've lived in seven countries and worked in more than 40, including Ukraine," Ms Regan said.

In 2022 I managed the sponsorship program for Control on the Euro 2012 football tournament and spent the best part of two years working in Poland and Ukraine, then again in 2018 for the Champions League final in Kiev.

"I know the country well and have a lot of friends and connections there and since the war started, I've been using my international network to help raise \$30,000 so far for projects big and small."

"It's been a very strong time because I'm worried for my friends and I'm heartbroken for all the victims, but my distance running has helped me process the grief and build my strength."

Participating in the Mackay Marina Run on Sunday, June 5, before taking on the Village Roadshow Theme Parks Marathon on July 3 before returning home for the Townsville Running Festival half marathon in August will mean running 400km in total.

"To be honest, I never really wanted to run a marathon before, but in January I thought I'm 47 this year and I'm going to do it, I'll have to do it now," Ms Regan said. "But it needed to be someone else."

where special so I can enjoy the atmosphere and a spectacular view, so the Gold Coast, where I worked in 1998 at the first Asia Pacific Masters Games (now Pan Pacific Masters Games) was my first choice.

"I've also been lucky enough to train with the Townsville branch of the legendary Marathon Foundation who have sponsored myself and a few others to participate in this event, and

Krissy Regan is running three long distance events to raise funds for Ukrainians. Picture: Shae Beglato

10 NEWS

THURSDAY APRIL 14 2022 TOWNSVILLEBULLETIN.COM.AU

## Local help for Ukraine

Mum runs aid mission from home

DANIEL SHIRRIE

A TOWNSVILLE mother who has been co-ordinating humanitarian aid efforts in Ukraine from her bedroom in Townsville says there's more to be done to help the war-torn country.

Krissy Regan, a motivational speaker and author, spent nearly a decade between 2003 and 2012 in Poland, Ukraine and Russia, and watched with bated breath as Vladimir Putin's assault began on February 24.

"When I started to see that things were getting quite grim - you could see the military stuff on the satellite images on the Russian side - personally, I felt that Putin was just waiting for someone to look away and then he'd go," Ms Regan said.

That's essentially what happened.

At first, Ms Regan's friends and contacts in Ukraine remained unmoved, and planned on staying put, but once the bombing began in earnest, the situation changed quickly.

"They started to think about escaping," she said.

"I had friends with their own good knowledge of the area, and good networks of people from her time living there."

"I have an international network because I spent the last 10 years living in

Gdansk in Poland," she said. "I managed to connect her with people I knew on the ground there and they got those items to the people that needed them."

But the need is far greater

of a plan for people to keep moving on."

After helping raise funds for petrol so willing drivers could help refugees in Poland get to where they'd be safer, Ms Regan realised that as the

their children so they could think and plan and figure things out."

Other efforts have included sending medicine from Poland to the cities still under assault and providing food

achieved had been affirming. "I get very upset and I get sick to the pit of my stomach," she said. "I feel guilty for living a normal life while my friends aren't. The losses in all these

Krissy Regan is co-ordinating aid efforts for Ukraine from her Townsville home. Picture: Shae Beglato

KRISSEY REGAN  
TOWNSVILLE RESIDENT

NEWS



# Events





# School Visits





# *Interviews*

<https://soundcloud.com/krissy-regan-774432241/abc-radio-interview-london-to-townsville-oct-2022>

<https://soundcloud.com/krissy-regan-774432241/abc-radio-interview-support-for-ukraine>

<https://soundcloud.com/krissy-regan-774432241/running-for-ukraine-star-1063-interview-6622>

<https://soundcloud.com/krissy-regan-774432241/abc-breakfast-interview-august-21>

<https://soundcloud.com/krissy-regan-774432241/abc-north-queensland-interview-bobby-wyld-hearts-sanctuary>

<https://soundcloud.com/krissy-regan-774432241/interview-with-ben-dobbin-about-growing-up-in-the-bush-and-giving-back-to-the-community>

<https://soundcloud.com/krissy-regan-774432241/abc-breakfast-fnq-30th-september-interview>

<https://soundcloud.com/krissy-regan-774432241/mindful-mums-qld-on-abc-north-queensland>







## Townsville's Krissy Regan to bring the good fight to the Village Roadshow Theme Parks Gold Coast Marathon

01 June, 2022

Townsville's Krissy Regan says she is at the business end of her preparations to run three major distance events in two months to aid war ravaged Ukrainian women and children. It's the latest personal challenge the unstoppable 46-year-old science and sports management expert, obesity shredder, world trekker, 'Mindful Mum' to two young girls aged 7 and 4, prolific author and three-time dragon boat world champion has set herself in the name of international goodwill.

[READ MORE](#)

34 WEEKEND

SATURDAY 31ST SEPTEMBER 2022 THEOONLINE.COM.AU

## INSPIRING A GENERATION OF MINDFUL MUMS

MOTHER COMES BACK FROM 'MENI BREAKDOWN' TO FORGE A HEALTHIER, MORE PEACEFUL LIFE

BY TINA HARRINGTON

**K**rissy Regan is a woman with a plan. It's not just a plan, it's a mission. She's a mother, a wife, a professional, and a woman who's been through a lot. She's been through a "meni breakdown" and she's come back. She's come back to a healthier, more peaceful life. She's come back to a life where she can inspire a generation of mindful mums.

She's a woman who's been through a lot. She's been through a "meni breakdown" and she's come back. She's come back to a healthier, more peaceful life. She's come back to a life where she can inspire a generation of mindful mums.



Krissy Regan at her home in Townsville, QLD, and her daughter, Lily.

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WEEKEND 35

THEOONLINE.COM.AU SATURDAY 31ST SEPTEMBER 2022



A large, irregular orange brushstroke shape serves as the background for the text. It has a textured, hand-painted appearance with various shades of orange and some darker, more saturated areas.

*"To self-actualize is to become the most  
that one can be. In order to self-actualize  
I need to live outside my comfort zone,  
let go of fear and trust my intuition."*

**Krissy Regan**

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Books by  
**Krissy Regan**

