

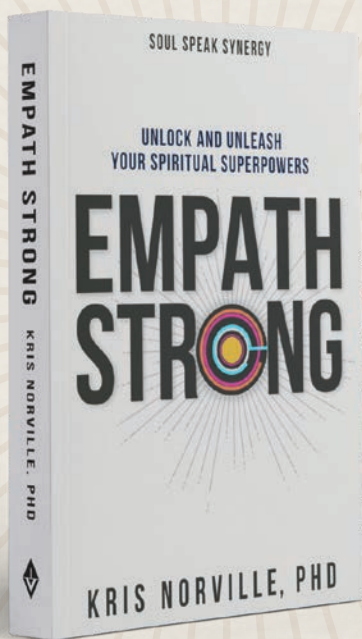


KRIS NORVILLE PHD

AUTHOR | SPEAKER | METAPHYSICAL SPIRITUAL HEALER
BRIDGING EMOTIONAL INTELLIGENCE, ENERGY & HUMAN CONSCIOUSNESS

Dr. Kris Norville is an author, and speaker bridging consciousness, energy healing and emotional intelligence to help sensitive, intuitive individuals thrive in a noisy world.

She is an author and speaker who helps people understand emotional overload, perception, and human energy with clarity and precision. Blending psychology, metaphysical insight, and lived experience, her work focuses on emotional neutrality, self-leadership, and sustained clarity in a high-stimulus world. She is the author of *Empath Strong*, releasing 2.20.26.



MEDIA TOPICS

- Emotional Overload Isn't Personal — It's Environmental
- Emotional Neutrality: The Missing Skill Nobody Was Taught
- Why High-Functioning People Burn Out First
- Empathy Without Exhaustion
- Emotional Output Is Expensive
- You're Not Anxious — You're Over-Processing
- How to Stay Clear in a Chaotic World
- Reframing Empathy as Intelligence

WHY DR. KRIS

Dr. Kris brings a rare combination of clarity, depth, and lived understanding to conversations about emotional intelligence and human energy. Her work is grounded in real-world experience and long-term observation of how emotional overload, constant stimulation, and over-responsibility quietly drain clarity, health, and performance. What distinguishes Dr. Kris is her ability to translate complex inner dynamics into language that feels stabilizing rather than

overwhelming. She does not rely on spiritual jargon or psychological labels. Instead, she offers practical reframing that restores emotional neutrality, self-leadership, and internal authority—often creating immediate shifts in how people understand their own experience. Audiences consistently describe her presence as calm, direct, and grounding. Conversations with Dr. Kris leave people clearer, steadier, and more self-directed than when they arrived.

