



**KELSEY
BIGELOW**
poetry



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Kelsey Bigelow Poetry

GET TO KNOW ME

Kelsey Bigelow is a poet and speaker based in Des Moines. She spends her time working as a mental health poet sharing this therapeutic tool with audiences of all ages across the world. She is the author of "Far From Broken" (2024), "The Coffee Cherry" (2023), "Depression Holders and Secret Keepers" (2021), and "Sprig of Lilac" (2018). Her work is published with Central Avenue Publishing, Pile Press, Lyrical Iowa, Backchannels Journal, Spirit Lake Review, and elsewhere. Kelsey is a 2024 Pushcart Prize nominee, a 2023 Button Poetry Video Contest Finalist, and a 2023 Central Avenue Poetry Prize shortlist finalist.

She's the founder and leader of the Des Moines Poetry Workshop, the chair for the Iowa Poetry Association Poetry Slam, the co-tournament director for the BlackBerry Peach National Poetry Slam, and more.

WHAT OTHERS SAY

"Kelsey does a masterful job in opening doors for people. It's her inherent mission to encourage others to open up, use creativity as a vehicle to release and process feelings we all go through. She has that combination of teaching and encouraging and enabling, while also doing, processing, and sharing."

John Busbee

THE CULTURE BUZZ

WHAT I FOCUS ON

- Processing traumas & grief
- Coping through poetry
- Addressing & learning about diagnoses
- Understanding your story
- Creating a life you love
- Discovering your joy & full potential
- Introducing spoken word to traditionally page spaces

WHAT I OFFER

Performances	Panels/Q&As
Workshops	Consults
Keynotes & talks	Commissions
Classroom visits	And more!

LET'S TALK NUMBERS

I understand budgets can get tight. I'm always happy to work with you on pricing, and I'm confident we'll find a fee that works for everyone.

- All travel expenses covered by hiring organization or individual
- \$500: Workshop
- \$500: 30-60 minute performance + Q&A
- \$1,000: Keynote/talk
- \$2,500: Unlimited workshops & performances across 1-2 days
- \$300 fee for developing new material specific to your audience

WORKSHOPS I SHARE

- Poetry as a Coping Tool
- Writing Your Own Life
- Uncovering Your Poem
- Sharing Your Voice Off the Page
- Getting comfortable with vulnerability
- Craft-based topics: Writer's block, formatting, manuscripts, etc.

WHO I CONNECT WITH

Trauma survivors & mental health-based audiences

Community members (young adults through seniors)

Students (grade 3 through college)

Corporate employees & leaders

