

SPOKEN WORD & PAGE POET



KELSEY
BIGELOW
poetry



2024
Media
Kit



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🔍 Kelsey Bigelow Poetry



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Kelsey Bigelow is a Des Moines-based poet, writer and speaker.

KELKAYBPOETRY.COM



ABOUT

Kelsey Bigelow

I aim to be the motivator and mentor people don't always get in life. In my work, I mold incredibly specific emotions into something human, digestible, and cathartic. I believe we grow in empathy by talking about our shared experiences, no matter how difficult. And I believe those stories deserve to be told for the sake of others who may be going through something similar.

OFFERINGS

- Performances
- Workshops
- Book signings/readings
- School visits
- Non-profit visits
- Festivals
- Conferences
- Career days/fairs
- Radio shows
- Commissions

PUBLICATIONS

- "Far From Broken." Kelsey Bigelow. IngramSpark. April 2024.
- "To My Younger Brothers." *Central Avenue Poetry Prize*. Central Avenue Publishing. April 2024.
- "The Coffee Cherry." Kelsey Bigelow & Horizon Line Coffee. November 2023.
- "Siderodromophobia: Fear of Trains." *Lyrical Iowa*. October 2023. Pushcart Prize Nominee.
- "Behemoth" and "To The New Daughter of My Ex-Step Father." *Pile Press*, Issue 006. May 2023.
- "My Compass" and "The Socks I Wear to Corporate America." *Spirit Lake Review*. April 2023.
- "A Grandfather's Hands," "Water and a Death Certificate," and "I wear you to forget." *Spirit Lake Review*. May 2022.
- "Depression Holders and Secret Keepers." Spoken Word Album. TuneCore. September 2021.
- "Spinal Tap." *Backchannels Journal*. April 2021
- "Seclusion." *Lyrical Iowa*. Edited by The Iowa Poetry Association. October 2020. pp. 131.
- "Sunday Evening Spectacle." *Backchannels Journal*, April 4, 2020.
- "She's Been Told." *Iowa's Best Emerging Poets 2019*, edited by Z Publishing House, 2019.
- "How to Live Without Your Mom." *America's Emerging Young Adult Writers: Midwest Region*, edited by Z Publishing House, 2019, pp.65.
- "Check Yes." *America's Emerging Poets 2018: Midwest Region*, edited by Z Publishing House, 2018, pp. 107.
- "Sprig of Lilac: A Poetry Collection." CreateSpace. November 2018.
- "May 3, 1971." *Wisconsin's Best Emerging Poets: An Anthology*, edited by Z Publishing House, 2017, pp. 86.





FACTS ON *Kelsey Bigelow*

EXPERIENCE

10
YEARS

45+
DISCUSSIONS

100+
SHOWS

75+
WORKSHOPS



SOCIAL MEDIA REACH

As of February 2024



1,830



570

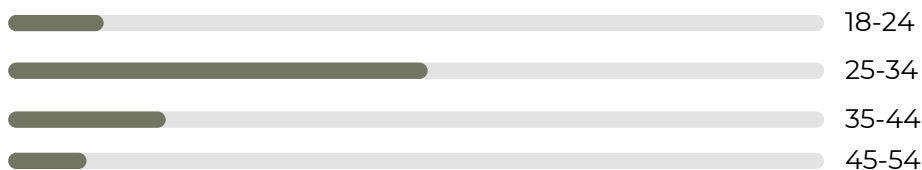


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35

AUDIENCE AGE



20

PUBLICATIONS



50+

AUDIO/VIDEOS

SELECTED EXPERIENCE

Conferences/Festivals

Speaker, Okoboji Writers Retreat (Okoboji, IA)	Sept 2023, 2024
Panelist, NFSPS National Poetry Convention (Des Moines, IA)	June 2023, 2024
Coach, Capital City Pride Storytellers (Des Moines, IA)	July & Dec 2023, July 2022
Panelist, Mic Check Poetry Fest (Iowa City, IA)	Nov 2021
Panelist, IC Speaks Youth Poetry Conference (Iowa City, IA)	Nov 2019
Panelist, Professional Writing Career Day (UW-Platteville)	Oct 2019, Oct 2017

Workshops/Schools

Teaching Artist, After School Arts Programs (Des Moines, IA)	Sep 2023 - Current
Teaching Artist, Des Moines Art Center (Des Moines, IA)	Sep 2023 - Current
Des Moines Poetry Workshop (Founder & Leader) (Des Moines, IA)	Feb 2018 - Current
Poetry on the Prairie (Perry, IA)	Nov 2023
Hanawalt Elementary (Des Moines, IA)	Nov 2023
Poetry Palooza! (Des Moines, IA)	April 2023
Des Moines Book Festival (Des Moines, IA)	Mar 2023
Write & Chill with Jayospeaks Slam (Virtual)	Feb 2023
Kirkwood STEAM Institute (Hiawatha, IA)	Dec 2023, 2022
Forest Avenue Library (Des Moines, IA)	Sep 2022
IC Speaks Workshop (Iowa City, IA)	Mar 2022
Valley West High (Des Moines, IA)	Nov 2021
Rolling Green Elementary (Urbandale, IA)	Jan 2020, Dec 2019
Youth Emergency Services (Des Moines, IA)	Feb 2019

Feature Performances

Midwest Out West Tour (Phoenix, AZ and Las Vegas, NV)	Jan 2024
National Association of Poetry Therapy Open Mic (Virtual)	Nov 2023
Poetry at the Pub (Des Moines, IA)	Feb 2024, Oct 2023
Iowa City Poetry Slam (Iowa City, IA)	Oct 2023
Iowa Poetry Association Live (Virtual)	Oct 2023
Harken to Verse (Des Moines, IA)	Oct 2023
Poetry & Jazz with The Writer's Place (Kansas City, MO)	August 2023
Poetic Underground (Kansas City, MO)	July 2023
Poets & Pints (Minneapolis, MN)	July 2023
Poetry Palooza! (Des Moines, IA)	April 2023
Des Moines Book Festival (Des Moines, IA)	Mar 2023, 2021
Burlington Poetry Slam (Burlington, IA)	Mar 2023
The Soft Stuff Tour (Iowa City, IA)	Feb 2023
Mic Check Poetry Fest (Iowa City, IA)	Nov 2024, 2022, 2021
Poetry on the Prairie (Perry, IA)	Nov 2023, 2022
Planned Parenthood Shine Event (Des Moines, IA)	May 2022
Iowa City Poetry Alfresco (Iowa City, IA)	Apr 2022
American Equity Poetry Lunch (Des Moines, IA)	Apr 2022
"Depression Holders and Secret Keepers" Midwest Tour (IA, MO, IL, NE)	Sep - Nov 2021
"Sprig of Lilac" Central Iowa Tour	Oct 2018 - Jan 2019

Judging & Volunteering

Iowa Poetry Association Poetry Slam Series	Sept 2022 - Current
Volunteer, 2022 Virtual Women of the World Poetry Slam	Apr 2022
Guest Judge, iLuv Slam Fest (youth state slam) (Des Moines, IA)	Jul 2021, 2022
Guest Judge, IC Speaks Page Poem Contest (Iowa City, IA)	Feb 2021

AWARDS & RECOGNITION

Button Poetry Video Contest Finalist "Learned Instinct"	November 2023
Pushcart Prize Nominee "Siderodromophobia: Fear of Trains"	October 2023
Central Avenue Poetry Prize Short List "To My Younger Brothers"	Spring 2024
Thomas A. Hickey Creative Writing Award 2nd Place Fiction for "How to Live Without Your Mom" 2nd Place Poetry for "With Ever Returning Mourn"	April 2016
Thomas A. Hickey Creative Writing Award 1st Place Fiction for "Karaoke"	April 2015

ORGANIZATIONS

Iowa Poetry Association, Slam Chair & Board Member & Member	Oct 2020 - Current
BlackBerry Peach National Poetry Slam, Tournament Director	Sept 2022 - Current
National Federation of State Poetry Societies, Convention Committee	Sept 2022 - Current
Poetry&, Coordinator & Digital Marketer	Sept 2022 - Current
National Association of Poetry Therapy, Member	Aug 2023 - Current

EDUCATION

University of Iowa M.A. Strategic Communications	August 2020 - May 2023
University of Wisconsin-Platteville B.A. Professional Writing & Creative Writing	September 2013 - May 2017 Magna Cum Laude



TESTIMONIALS FOR *Kelsey Bigelow*

"Kelsey does a **masterful job in opening doors for people**, and that's really what it's all about for her.

It's part of her inherent mission to encourage others to open up, use **creativity as a vehicle to release and process** some feelings we all go through at different levels.

She is becoming a champion because **she has that combination of teaching and encouraging and enabling**, while also doing and processing and sharing.

John Busbee

THE CULTURE BUZZ

"I love how your poems mean something to you or something happening in your life. Even though I just saw you for a little bit, your poems meant **something I could relate to.**"

Rehya

MIDDLE SCHOOL STUDENT

You were **honest and real** with the students, and the **tone you set allowed for thoughtful and raw writing to come forth**. You are a writer AND a teacher...what a powerful combination. **Your influence will continue to be felt.**

Ms. Downing

VALLEY WEST HIGH

[This album] is a collection of short poems that **explore multiple dimensions of depression, identity crisis, and relationships.**

[Kelsey] takes us on a journey exploring her mental health, but also finds ways to **connect with her listeners on a very human level. ...** what's more human than finding refuge comfort of sheets in order to just for a moment make it go away, or as [Kelsey] stated, "he did make it all of it disappear, only temporarily"

This project is an amazing body of work that expresses the ups and downs of the human condition. **And it make us aware that we are in fact not alone.**

Red Lion Poetry