



**KELSEY  
BIGELOW**  
*poetry*



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Kelsey Bigelow Poetry

## GET TO KNOW ME

Kelsey Bigelow is a spoken word and page poet based in Des Moines. She released her chapbook, *Sprig of Lilac*, in 2018 and released her spoken word album, *Depression Holders and Secret Keepers*, in 2021. Her work can be found in *Pile Press*, *Lyrical Iowa*, *Backchannels Journal*, *Spirit Lake Review*, and elsewhere. She's the founder and leader of the Des Moines Poetry Workshop, a co-chair for the Iowa Poetry Association Poetry Slam, the tournament director for the 2023 NFSPS Blackberry Peach National Poetry Slam, and more.

Kelsey aims to be the motivator and mentor people don't always get in life. In her work, she molds incredibly specific emotions into something human, digestible, and cathartic. She believes we grow in empathy by talking about our shared experiences, no matter how difficult.

## 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

## WHAT I OFFER

Performances	Panels
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
- \$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

- Uncovering Your Poem
- Writing Through the Heavy
- Writing Your Own Life
- How to Start a Poetry Career
- Writer's Block & How It's Part of the Process
- Formatting Poetry on the Page
- Building a Thematic Manuscript

## WHO I CONNECT WITH

Students (K-12 & college)

Community members (young adults through seniors)

Writers & poets

Corporate employees & leaders

