



**KELSEY
BIGELOW**
poetry



608.774.5357



P.O. Box 93876
Des Moines, IA, 50392



kelsey@kelkaybpoetry.com



kelkaybpoetry.com



@kelkaybpoetry



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 four poetry projects, including her latest book "Far From Broken." Her work is published with several small presses and journals. Kelsey is a 2024 Pushcart Prize nominee, a 2023 Button Poetry Video Contest Finalist, and a 2023 Central Avenue Poetry Prize finalist. As a performer, Kelsey has worked with organizations such as The Mayo Clinic, NAMI, Planned Parenthood, and more. Videos of her work can be found on Button Poetry, Write About Now, Ghost Poetry Show, and elsewhere.

She's the founder of the Des Moines Poetry Workshop, the chair for the Iowa Poetry Association Poetry Slam, a teaching artist in the Des Moines community, a 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

