

KEYNOTES, PANELS, PODCASTS, PRESS

KHRISTIAN A. HOWELL

life should feel good.

FOUNDER, CENTER OF GRAVITY

EDITORIAL AND ON-CAMERA DESIGN VOICE

AUTHOR | AMERICAN IN FRANCE

À bientôt,

Khristian A. Howell

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CENTER OF GRAVITY™

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Center of Gravity on Substack, @khristianahowell

THE THROUGH-LINE

For twenty years she has been saying one thing without the words for it. Every room, every color story, every segment was reaching for the same idea: that a life, like a space, can be designed on purpose to hold you. She taught women to build a beautiful room while quietly working out the larger thing underneath it. Then her own body turned in the results: near-prediabetic, a trained athlete her whole life, nothing broken except the life she was living on the wrong side of the world. She moved her family across an ocean, and the language finally arrived. *Center of Gravity* is the framework she was always building toward. The practice of designing a life that feels as good as it looks.

Not another wellness voice.
Not another designer.

WHY SHE LANDS

An editorial and on-camera voice for two decades. An easy, generous guest who carries a conversation and says the thing everyone recognizes but no one says. She braids three threads most people keep apart: design, the body, and reinvention. The woman who found the seam between them, and finally has the words for it.

TALKS & ANGLES

From the conference stage to Cannes, and the podcast mic in between.

01 **Design as a decoder.**
The filter behind everything she does, from corporate brand work to Center of Gravity. The same principles that fix a room can redesign a business, and a life.

02 **The center of gravity.**
Building a life that holds its own weight, on purpose.

03 **You are already an expat.**
Why feeling foreign in your own life is the real emigration, no passport required.

04 **The why beneath the brand.**
Through a designer's eye and a journalist's ear: how brands earn meaning, and why some stories travel while others stall.

CREDENTIALS

Former Hearst contributing editor, *Better Homes & Gardens* and *Real Simple*. Recurring on-air design expert across TODAY, HLN, NBC, and a turn with Nate Berkus. Author, *Color + Pattern: 50 Playful Exercises for Exploring Pattern Design*. Namesake product collections at Target, Nordstrom, Bloomingdale's, West Elm and Apple. Featured in *ELLE Decoration*, *Domino*, *Essence* and *HGTV Magazine*.

EXECUTIVE PRODUCER *No Hands: The Wild Ride of the Schwinn Bicycle Company*. Narrated by Lance Armstrong. World Premiere, April 2026, Boulder International Film Festival.

IN THE ROOM



Interviewing Tom Dixon, at the invitation of his PR team.



Guest judge on NBC's American Dream Builders with Nate Berkus.

BRANDS

Apple Nordstrom Target West Elm
Bloomingdale's Microsoft Pfizer Accenture 3M
Snowflake Shaw Floors HomeGoods

Retail and corporate collaborations, from product to boardroom.