



Christine Trimpe

“Christine is nothing short of a stick of dynamite in a five-foot package! She loves the Lord, life, and others. She delivers more than a packed punch—she delivers all that God has given her with joy!”

—Tammy Whitehurst, Co-Director
of Christian Communicators Conference

A Speaker who inspires *action!*

ChristineTrimpe.com

People call me the “how gal.”

As women, we carry a lot. Beyond all the stuff we can see, many of us lug around the extra weight of addiction, guilt, shame, grief, and fear. I say: “*It’s high time to leave the bulk behind,*” and that’s precisely what I help women do. As an author, speaker, and weight-loss coach, I help women shed excess weight (literally and figuratively) so they can step into the joy they deserve.

Personally, I thought my biggest trial in life would be a decades-long battle against obesity, but when I finally lost the extra 100 pounds I was carrying, something terrible struck our family. My son was diagnosed with a brain injury following a car accident. This season of suffering flipped our lives upside down, but thankfully, my heart remained right-side up. The fact that I haven’t regained my weight in the midst of it all is a miracle, which makes me more certain than ever that the faith-filled, step-by-step “*how to*” guidance I give women genuinely works. Let’s see what kind of hope we can spark together at your event!

Mission

The little voice in our heads loves to tell us we can’t do hard things, but we can.

I help women lean into their faith and **break free** from whatever separates them from the **joy they deserve**.

Main Message

Embrace
the **TRUTH:**
Unchain for
Joyful
Change

More Messages

-  Seek Joy to Speak Joy to the Weary World (Christmas events)
-  Facing Hardships with a Heart of Joy (Multi-Part Series for Retreats)
-  Crush Your Cravings: The Ultimate Wellness Guide

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The External Studies
Division of the American
Association of Christian
Counselors Foundation



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Featured in:



**Woman's
World**

**HEAL YOUR
LIVER**

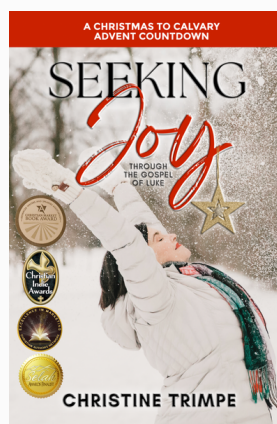


Books:



SEEKING
Joy
THROUGH
THE GOSPEL
OF LUKE

A CHRISTMAS TO CALVARY ADVENT COUNTDOWN



And releasing
October 2024:

SugarFreed

Stop Losing Your Weight Loss Battle,
Start Gaining Your Victory

From Bold Vision Books

What Audiences Are Saying:

"Christine Trimpe is a wonderful blend of speaker, author, and mentor. Her warm and inviting teaching style offers practical tips and tools for success. Christine imparts wisdom in a way that inspires and empowers. I wholeheartedly recommend Christine for your event."

—**Mary R. Snyder**, Founder of Activate and Take the Stage Speakers, Alabama

"Christine exudes a passion for God, infusing joy and engagement into her talks. Your audience will depart with a richer understanding of God's truth and principles. Whether exploring scriptures or celebrating God's goodness, Christine invites the audience to step up and step out into their own freedom story. Don't miss out!"

—**Cyndi Daves**, Jesus for Real Women Radio Host, Georgia

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