



WOMEN LEAD NC

NOVEMBER 8, 2023 | RALEIGH, NC

Dr. Kristen Wynns
Owner, Child and Adolescent Psychologist
Wynns Family Psychology

Dr. Kristen Wynns is a child and adolescent psychologist who owns Wynns Family Psychology, a child/adolescent specialty private practice with locations in Cary, N. Raleigh, and Greensboro, NC. Her practice has been in the community for over 16 years and is often recognized as one of the top child/adolescent practices throughout NC. Dr. Wynns is frequently sought out by the media as a local expert on psychology and parenting issues for radio shows, T.V. news, podcasts, magazines, and T.V. shows like My Carolina. She is the author of a parenting book, *The No Wimpy Parenting Handbook*, available on Amazon. “No Wimpy Parenting” coaching services are available to help parents struggling with behavior or discipline problems at home, as well as for a certification program for mental health professionals.



Dr. Wynns has recently expanded her career to forge into comedy! Throughout her successful 20+ year career as a psychologist, Dr. Wynns witnessed firsthand how laughter offers emotional, physical and spiritual pain relief. After decades of using humor in sessions with clients, with her staff, and in her personal life, Dr. Wynns realized there was a natural intersection between her two loves - psychology and humor. She began doing stand-up comedy as “Kiki” in 2022 and had a quick rise to success as audiences responded immediately to her hilarious life observations, high energy, and vulnerability. Dr. Wynns now offers humor coaching to help individuals and businesses use humor to increase confidence, battle emotional problems, and improve workplace culture and relations. To contact Dr. Wynns about coaching or presentation opportunities, email: kristen@wynnsfamilypsychology.com

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