



**KRISTY
GRAY**

Kristy Gray is a much sought-after Australian astrologer, writer and creator of Astrostrategy®, trusted by thousands of clients ranging from 11 to 78 years old, from mums to millionaires, and everyone in between. Her unique approach to self-development is a catalyst for cultivating deep self-trust. With Kristy's guidance, astrology is an accessible tool for self-empowerment: a language of one's Higher Self. Her debut book, on self-trust and the art of timing, is forthcoming.

Her expertise has been featured in prominent publications and garnered powerful collaborations, including Body + Soul, Elle Australia, David Jones, Russh, Mamamia, Women's Health, Popsugar, Wanderlust, Daily Mail Australia, Reddit, 7 News, 9 News.

As an adult educator in the beauty industry, Kristy invested 10+ years in developing people and brands for the likes of Clinique and the global beauty giant, Sephora. Her curiosity was ignited, leading to a deep dive into personal development and the links between psychology and spirituality, and in time, multiple qualifications and certifications.

Kristy launched into astrology full-time in 2018, seeing 1:1 clients, building a viral online following, and completing numerous paths of study: a mentorship with Narelle Duncan, a Certificate in Astrology, over 50 masterclasses from world-renowned astrologers, and courses from the London School of Astrology.

As current resident astrologer at both Body + Soul and Gwinganna Lifestyle Retreat, Kristy guides clients through significant career shifts, uncertain life cycles, questions about the future, confidence, health and fertility. She'll never forget the collaborations from her days in beauty: working with Margaret Zhang on a product launch (now Editor-in-Chief of Vogue China), a private lunch with Nicole Richie for Clinique, and interviewing Jen Atkin, celebrity stylist and founder of Ouai, for Sephora.

When she's not casting birth charts, Kristy is studying — astrology, longevity, manifestation, or whatever's next. She reads voraciously, trains devotedly, and considers becoming her best self a permanent research project.

In Conversation with Kristy Gray

TIMING

Why the right move at the wrong time fails, and how to know the difference.

- The collective cycle: where we are in the larger astrological weather, and what this season is asking of all of us.
- Self-trust as a decision-making tool: how to hear your own signal in a culture of urgency.
- The season you're actually in: reading your own timing before you commit the next chapter to the wrong goal.

MANIFESTATION

A bold rethink of manifestation as co-creation — where purpose meets intentional action.

- Manifestation is a verb: the word has action built into it, and that's the part the glossy version skips.
- Your Higher Self, today: stepping into the future version of you through present-tense choices.
- The honest path to self-belief: what co-creating with your own life looks like in practice.

REINVENTION

Astrostrategy® applied: career moves, identity shifts and pivotal decisions, made on purpose.

- Cosmic confidence: reinvention as identity evolution, keeping the thread of who you are.
- The strategic chart: astrology as a self-empowerment tool, from career pivots to launch timing.
- Rhythm, discipline, clarity: working with your energy through ambitious seasons.

RESIDENT ASTROLOGER

Body+Soul and Gwinganna Lifestyle Retreat

FEATURED IN

ELLE Australia, David Jones, Russh, Mamamia, Women's Health, Wanderlust, Popsugar, Daily Mail Australia, Reddit, 7News, 9News

DIGITAL REACH

Kristy's weekly horoscopes and mantra series bridge astrology, psychology and personal transformation, reaching millions of views since late 2025 and a monthly audience in the hundreds of thousands. Her editorial-cool delivery has built one of the most engaged astrology audiences in the country, positioning her as a leading voice in Australia's modern astrology conversation.

SPEAKING & MEDIA ENQUIRIES

EMAIL: hello@kristygray.com

WEBSITE: kristygray.com

INSTAGRAM: [@kristygray__](https://www.instagram.com/kristygray__)

AVAILABLE FOR: Keynotes · Interviews · Panels · Podcasts · Retreats

Kit updated July 2026.