

KRISTY GRAY

AUTHOR & SPEAKER KIT



*Astrology that
rewrites the rules,
for the self-aware
generation.*

Kristy Gray is redefining what it means to live in alignment. As an astrologer, author, and cultural voice on modern spirituality, her work fuses cosmic intelligence with grounded psychology to help people turn self-doubt into strategy and intuition into action. Known for her bold, editorial edge and signature Astrostrategy® method, Kristy guides audiences to explore the intersection of ambition, timing, and trust. Her forthcoming book (TBA), challenges the glossy myth of manifestation and offers a more honest path to self-belief and personal evolution.

BIO (FOR MEDIA USE)

Kristy Gray is an Australian astrologer, writer, and speaker whose work has reached thousands through her signature Astrostrategy® method — blending astrology, self-trust, and modern ambition. She's the resident astrologer for Body + Soul and Gwinganna Lifestyle Retreat, and her insights have featured in ELLE Australia, David Jones, Russh, MamaMia, Women's Health, Wanderlust, Popsugar, Daily Mail Australia, 7 News, Reddit and 9 News.

Her upcoming book (TBA), explores how timing, resistance, and reinvention can guide us toward our higher selves — without the spiritual bypassing. Kristy's work sits at the crossroads of strategy and soul, empowering audiences to reimagine what alignment really means.

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Speaking & Interview Topics

HOT TOPICS	INFO	
THE MYTH OF MANIFESTATION	WHY CHASING YOUR DREAMS THE “RIGHT” WAY KEEPS YOU STUCK	A BOLD RETHINK OF THE MANIFESTATION MOVEMENT, EXPLORING WORTHINESS, EFFORT, AND INTEGRITY IN THE AGE OF HUSTLE CULTURE.
TIMING & TRANSFORMATION	THE POWER OF DIVINE PACING	HOW TO TRUST THE PAUSES, RECALIBRATE PURPOSE, AND REBUILD MOMENTUM THROUGH LIFE’S COSMIC TIMING.
REINVENTION & IDENTITY	COSMIC CONFIDENCE: REBRANDING YOURSELF WITHOUT LOSING YOURSELF	USING ASTROLOGY AND SELF-AWARENESS AS TOOLS FOR IDENTITY EVOLUTION AND PERSONAL LEADERSHIP.
MODERN SPIRITUALITY	YOUR HIGHER SELF IS NOT A HASHTAG	DEBUNKING SPIRITUAL CLICHÉS AND EXPLORING AUTHENTICITY, NUANCE, AND CRITICAL THINKING IN THE SELF-HELP SPACE.
CREATIVITY & STRATEGY	ACTION, ANXIETY, AND ALIGNMENT	HOW TO WORK WITH YOUR ENERGY, NOT AGAINST IT, TO BUILD RHYTHM, DISCIPLINE, AND CLARITY IN YOUR CREATIVE PROCESS.

Selected Media & Partnerships

RESIDENT ASTROLOGER:

Body + Soul and Gwinganna Lifestyle Retreat

FEATURED IN:

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

DIGITAL IMPACT:

Kristy's content consistently bridges astrology, psychology, and personal transformation — reaching over 3.2 million views in the past 30 days (November 2025) across her weekly horoscopes and mantra series. Her viral content has ignited a new wave of audience connection, blending soulful insight with editorial-cool delivery. Since September 2025, her online presence has seen exponential growth, positioning Kristy as one of Australia's leading modern astrology voices online.

Speaking & Media Enquiries

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

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