

Christina Connors

Keynote Singer | Workshop Host | Author

Transforming wellness education into an interactive, musical experience that inspires positive change.

In 2024, due to our current, turbulent, uncertain times, Christina was inspired to launch her production company

A New Soul Song Productions,

Nurturing Children and Their Families One Song at a Time, and through this platform, she created a Youtube series called "Christina's Cottage." [Christina's Cottage](#) is dedicated to helping foster deeper connection and resilience for preschoolers, their families, caretakers and teachers.



"In a world with so many overstimulating distractions, there has never been a greater need for a safe place where young children can learn and grow. At Christina's Cottage, children are engaged by original songs that are just as captivating as they are calming. Christina and the Love Bugs are the perfect company for nurturing emotional regulation and gentle life skills with your children." Emily Bevelaqua, MMT, MT-BC- Board Certified Music Therapist.

Christina and multi-platinum Disney/Broadway composer David Friedman co-curated the musical content for [KindMind](#), a premier social-emotional learning curriculum that integrates trauma-informed approaches to support student wellbeing and development. Christina is a distinguished member of [KnoWEwell's](#) Regenerative Whole Health Council and a monthly expert and contributor to the national distribution of the [Natural Awakenings Magazine's](#) Healthy Kids featured article. Global Woman Magazine recognized Christina as one of the most inspiring Top Global Women Entrepreneurs in 2024. Christina's focus and passion is to expand her reach into international wellness and educational summits, performing her signature musical guided meditations and keynotes, and facilitating workshops.

As the founder of *A New Soul Song Productions*, she has dedicated her career to enriching lives through music, workshops, and family-oriented programming. Christina, a native of West Hartford, Connecticut, holds a Bachelor of Arts degree in Music Theater from the Hartt School of Music at the University of Hartford. When not on the tour, she lives in Stamford, Connecticut with her husband.

Recent Publications and Initiatives

[We Can Be Kind](#) :

We Can Be Kind by Christina Connors and Broadway, Disney composer David Friedman, is a heartwarming, multi-sensory picture book that teaches children the power of kindness, self-love, and emotional regulation. Through playful, engaging illustrations and rhythmic storytelling, young readers (and the adult reading with them) are introduced to simple mindfulness and self-care practices, helping them navigate their feelings and interactions with others. This beautifully crafted book encourages empathy, connection, and a positive mindset, inspiring children to embrace kindness in their everyday lives.

[Commit to Kindness with Buddy and the Love Bugs](#) : An initiative dedicated to spreading kindness across communities with young children.

"The message in this book is one I want to shout from the rooftops! Christina's beautiful soul shines through the words on every page and in her stunning voice on the song featured in her book "We Can Be Kind."

Angela C. Santomero, Emmy Award Winning Show Creator,
Author & Public Speaker (Blues Clues & Daniel Tiger's Neighborhood)

Speaking Engagements

All sessions adaptable (30-90 min)

Keynote Presentation

“Your Dreams Can Come True”

A transformational keynote experience blending inspirational storytelling with Broadway-caliber live musical performance. Through her own powerful journey of turning an ‘impossible’ dream into reality, Christina guides audiences to uncover their true purpose and walk away with actionable steps to create meaningful change in their lives and the world. More than a speech, it’s an unforgettable experience that *inspires, energizes, and empowers*. Her transformation is at the heart of this message. Watch Christina’s full story [HERE](#).



Perfect for: Graduations, Innovation Summits, Professional Development Events, Empowerment and Personal Growth Conferences, Corporate Retreats



Speaker Presentation + Workshop

“Accept This One Gift, and Transform Every Child You Touch”

A musical stage presentation and transformational workshop. Through soul-stirring Broadway-caliber performance and interactive reflection, Christina reveals how our own healing becomes the greatest gift we can offer children. Participants leave inspired and equipped with practical tools to spark meaningful, lasting change.

Workshop: “The 3 Gifts of Trouble”

(paired with the presentation)

An interactive session diving deeper into transforming challenges into growth, reframing struggles as opportunities, and applying evidence-based strategies for personal and professional impact.

Perfect for: Educational Conferences, Professional Development for Teachers and Caregivers, Leadership and Empowerment Events, Youth Advocacy Summits, Training Workshops

Author Visits (School & Library Events)

Bring social-emotional learning to life with an interactive musical experience featuring Christina and the beloved characters from *We Can Be Kind*. This engaging session deepens preschoolers’ emotional language while fostering self-care and kindness. A special musical presentation for parents and educators follows, offering practical tools for strengthening emotional well-being at home and in the classroom.

For Inquiries and Bookings,

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Connect with Christina on social media:

[Facebook](#) | [Instagram](#) | [LinkedIn](#)

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Speaker Reel

