

FULL SPEAKER KIT

Keri Darling

Founder, Next, Together™ · Creator,
Becoming-Based Coaching · Mentor &
Speaker

*Helping high-functioning women move forward
when life no longer fits.*

SIGNATURE QUESTION

"What becomes possible after everything changes?"

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CORE POSITIONING

Keri Darling is the founder of Next, Together™ and the creator of Becoming-Based Coaching — a coaching philosophy focused on helping women navigate identity and transformation after major life disruption.

Through her framework, The Middle Moments Method, she helps women who are functioning on the outside but disconnected on the inside stop trying to return to who they were after life changes and discover who they're becoming instead.

Her work centers around the emotional and psychological reality of "the messy middle" — the space between who someone was before life changed and who they are becoming afterward.

THE NEXT, TOGETHER™ PHILOSOPHY

Most people believe healing means getting back to normal. But after major life disruptions, the old version of life often no longer exists. The goal is not returning. It is becoming.

Transformation does not happen after uncertainty ends. It happens in the middle of it.

BECOMING-BASED COACHING

A coaching philosophy focused on helping people navigate identity, transformation, meaning, and forward movement after major life disruption — recognizing that major life experiences often permanently alter identity.

THE MIDDLE MOMENTS METHOD

Keri's proprietary four-phase coaching framework:

Phase 1 — Meet Yourself Here

Honesty, awareness, and emotional grounding.

Phase 2 — Choose What Matters

Identity, values, alignment, and truth.

Phase 3 — Find Your Way Forward

Practical movement, self-trust, and intentional decisions.

Phase 4 — Trust Yourself to Hold It

Sustainable transformation and emotional resilience.

Next, Together™

nexttogether.co · keri@nexttogether.co
Because no one should have to figure it out alone.

SPEAKER BIOGRAPHY OPTIONS

SHORT BIO — 75 WORDS

Keri Darling is the founder of Next, Together™ and the creator of Becoming-Based Coaching. Through her framework, The Middle Moments Method, she helps women who are functioning on the outside but disconnected on the inside stop trying to return to who they were after life changes and discover who they're becoming instead. Her work was built from lived experience, including navigating an incurable stage 4 blood cancer diagnosis while building her practice from the middle of uncertainty.

MEDIUM BIO — 250 WORDS

Keri Darling is a speaker, coach, mentor, and the founder of Next, Together™ — a Becoming-Based Coaching platform focused on helping women navigate identity and transformation after major life disruption.

Her work centers around the emotional and psychological reality of "the messy middle" — the in-between space where people often find themselves after life changes in ways they never expected. Through her proprietary framework, The Middle Moments Method, Keri helps women who are functioning on the outside but disconnected on the inside stop trying to return to who they were and discover who they're becoming instead.

Keri's work was not built from theory alone. Over the course of her life, she navigated profound personal and professional disruption — including miscarriage, divorce, the loss of a husband, financial collapse, burnout, workplace harm, and eventually an incurable stage 4 blood cancer diagnosis. While still in treatment, she made the decision to leave a career that no longer aligned with who she was becoming and built Next, Together™ from the middle of uncertainty.

That experience became the foundation for her belief that the hardest part of disruption is often not the crisis itself — but figuring out who you are afterward.

Today, through coaching, speaking, and thought leadership, she helps women stop trying to return to who they were and discover who they're becoming instead.

Keri Darling is a speaker, mentor, and founder of Next, Together™ — a Becoming-Based Coaching brand built around the belief that transformation does not happen after uncertainty ends. It happens in the middle of it.

For most of her life, Keri became very good at surviving. She built a 16-year career in private security leadership — working her way from security guard through dispatch supervisor, patrol supervisor, assistant security director, account manager, and director of public safety, before moving into 5+ years of human resources leadership. She spent those years watching people navigate the highest-stakes moments of their professional lives. She knew how to stay calm in crisis. She knew how to keep moving no matter what was happening internally.

But behind that capability was a lifetime of disruption she carried quietly. Loss. Divorce. Financial collapse. Burnout. Workplace harm. And eventually, an incurable stage 4 blood cancer diagnosis that made every question she had been avoiding impossible to ignore.

While still in treatment, Keri made the decision to leave a career that no longer aligned with who she was becoming. She built Next, Together™ from the middle of uncertainty — not because everything was suddenly easy, but because she finally understood something important: transformation does not happen after the uncertainty ends. It happens inside it.

That experience became the foundation for her work and her central belief: the hardest part of disruption is often not the crisis itself. It is figuring out who you are afterward.

Through Becoming-Based Coaching and The Middle Moments Method, Keri helps women who appear capable externally while quietly feeling disconnected internally stop trying to return to who they were after life changes and discover who they're becoming instead. Her framework supports women in reconnecting with themselves, rebuilding stability, making grounded decisions, and developing the self-trust to move forward during uncertainty — not after it resolves.

Her thought leadership sits at the intersection of identity, transformation, emotional resilience, crisis, reinvention, meaning-making, and becoming after disruption. Her speaking and coaching work is not motivational. It is emotionally intelligent — grounded in the lived reality of what it means to navigate major life change while still in the middle of it.

Keri holds a B.S. in Human Resource Management and holds SHRM-SCP, SPHR, and CTNC certifications. She is a cancer advocate, community volunteer, podcast guest, and anthology contributor. She continues to build Next, Together™ from the middle of her own ongoing story.

Keynote 1 — You Were Never Meant to Go Back

Why the goal after crisis is not returning to normal.

A talk about identity, grief, reinvention, and the emotional pressure to become the person you were before life changed. This keynote challenges the assumption that healing means returning — and offers a new framework for what moving forward can look like.

AUDIENCE TAKEAWAYS

- Why “getting back to normal” often keeps people stuck
- How disruption permanently reshapes identity
- What becoming looks like after major life changes
- How to move forward with intention instead of pressure

IDEAL AUDIENCES

Healthcare organizations, cancer communities, grief support networks, women’s conferences, HR and leadership groups, faith communities.

Keynote 2 — The Messy Middle Nobody Talks About

What happens emotionally after everything changes.

A deeper conversation about the emotional and psychological reality of life after disruption. This keynote names the experience most people are quietly carrying and offers both language and framework for navigating uncertainty with more honesty and intention.

AUDIENCE TAKEAWAYS

- Understanding emotional limbo after disruption
- How to stop performing wellness
- Building self-trust during uncertainty
- Why transformation happens inside the mess, not after it

IDEAL AUDIENCES

Women’s organizations, mental health conferences, caregiver communities, HR and employee wellbeing, corporate transition and resilience events.

Keynote 3 — Functioning on the Outside, Lost on the Inside

The hidden emotional reality of high-functioning women.

A talk focused on the disconnect between external capability and internal emotional exhaustion. This keynote creates space for high-functioning women to name what they are quietly carrying — and begin learning how to stop abandoning themselves in the process.

AUDIENCE TAKEAWAYS

- Recognizing hidden emotional burnout in high achievers
- Understanding self-abandonment patterns
- Reconnecting with identity and emotional truth
- Practical language for naming internal experience

IDEAL AUDIENCES

Women’s leadership conferences, professional women’s networks, healthcare and helping professions, HR and employee wellbeing events.

ALL AUDIENCES LEAVE WITH

- A new understanding of identity after disruption
- Language for the messy middle
- Practical emotional insight
- Greater emotional self-awareness
- Renewed self-trust
- A more compassionate framework for transformation

WORKSHOP & BREAKOUT TOPICS

- Emotional resilience after disruption
- Identity rebuilding
- Self-trust after crisis
- Navigating uncertainty
- Boundaries and self-abandonment
- Transformation during transition

Keynote 4 — Becoming After Disruption

Identity, reinvention, and transformation after everything changes.

A talk about what it means to rebuild identity after major life disruption — not returning to who you were, but discovering who you are becoming. This keynote weaves together personal story, practical framework, and an honest look at what transformation actually requires.

AUDIENCE TAKEAWAYS

- A new framework for identity after disruption
- Understanding the difference between surviving and becoming
- How to rebuild self-trust after crisis
- Practical next steps for moving forward with intention

Keynote 5 — What Becomes Possible After Everything Changes?

Reimagining identity and possibility after crisis.

An expansive talk about what becomes possible when people stop trying to return to who they were and begin asking bigger questions about who they are becoming. Designed to open minds, challenge assumptions, and leave audiences with renewed possibility.

AUDIENCE TAKEAWAYS

- Expanded sense of possibility after disruption
- Language for reimagining identity and future
- Understanding transformation as an ongoing process
- Renewed self-trust and forward momentum

CREDENTIALS, QUOTES & MEDIA

CREDENTIALS & BACKGROUND

Founder, Next, Together™

Creator, Becoming-Based Coaching

Creator, The Middle Moments Method

B.S. Human Resource Management

CTNC

SHRM-SCP

SPHR

16+ yrs Private Security Leadership

5+ yrs HR Leadership

Cancer Advocate

Podcast Guest

Anthology Contributor

BOOKING INFORMATION

Inquiries welcome via website or email. Speaking engagements are booked by application to ensure fit and alignment.

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SIGNATURE QUOTES

"Transformation does not happen after the uncertainty ends. It happens in the middle of it."

"The goal is not returning. It is becoming."

"People are not weak. They are trying to return to versions of themselves that no longer exist."

"Sometimes the messy middle is not the end of your identity."

"You do not have to figure this out alone."

"What becomes possible after everything changes?"

LONG-TERM VISION

This speaker platform is designed to eventually support keynote speaking, TEDx applications, conferences, workshops, retreats, media appearances, anthology contributions, podcast visibility, and future book development.

"The long-term positioning is not motivational speaking. It is emotionally intelligent thought leadership focused on identity, transformation, and becoming after disruption."