

Kitty Chambliss

MCC · CPC · ELI-MP · Trauma-Informed Certified Coach

Relationship Educator · Author · Speaker · Master Certified Coach · Top 4% of Coaches Globally
Alexandria, VA · (571) 218-7417 · kitty@lovingwithoutboundaries.com · lovingwithoutboundaries.com

CREDENTIALS

Master Certified Coach

MCC · International Coaching Federation
Top 4% of coaches globally

Certified Professional Coach

CPC + ELI-MP · iPEC

Trauma-Informed Coach

Coach Training World, 2024

Brené Brown

Living Brave Semester
Vulnerability, Courage & Authenticity

Imago Dialogue Coaching

Dr. Harville Hendrix method

Mediation & Conflict Resolution

Mediators Beyond Borders, 2022

Advanced Coaching

Transformational Coaching Academy
Tony Robbins faculty, 2020–2022

BS Graphic Design — Cum Laude

Drexel University, 1992

PLATFORM

10K coaching hours

160+ countries reached

287+ podcast episodes

15,500+ community members

7,200+ book readers

23+ years lived experience

SPEAKER BIO

Kitty Chambliss is a relationship educator, author, Master Certified Coach, and founder of Loving Without Boundaries — a global community reaching listeners in 160+ countries. With nearly 10,000 coaching hours and 23+ years of lived experience, Kitty brings a rare combination of rigorous research, clinical expertise, and deeply personal story to every stage she steps onto. Her work challenges the inherited cultural scripts that quietly shape how we love — and invites every audience member, regardless of how they love, to question them. She has been featured in the Wall Street Journal, Cosmopolitan, CNN, Psychology Today, Good Housekeeping, ABC News, and Axios, and appears as a relationship expert in the 2025 documentary More Than Monogamy.

— EXPERTISE

APA Committee on CNM: Active member — at the forefront of research redefining how relationship success is understood

Coaching Practice: Nearly 10,000 hours guiding individuals and couples through jealousy, shame, and relational authenticity

Lived Experience: 23+ years practicing conscious, consensual non-monogamy — I am both the researcher and the subject. That combination is genuinely rare.

— MEDIA & PUBLICATIONS

- Wall Street Journal
- Cosmopolitan
- CNN
- Psychology Today
- Good Housekeeping
- ABC News
- Axios
- More Than Monogamy — 2025 Documentary
- Jealousy Survival Guide — #1 Amazon Bestseller

After speaking at the National Sex Education Conference, Dr. Ruth Westheimer personally engaged with Kitty's work on jealousy and conscious relationships, signed her book, and expressed genuine interest in reading Kitty's. After one talk, a woman approached in tears: "I have spent years believing something was fundamentally wrong with me. For the first time in my life, I feel truly seen." She is not an exception. She is the rule.

— SPEAKING EXPERIENCE

Beyond The Love (BTL) Conference — Columbus, Ohio

Keynote Speaker — Standing Ovation | Largest CNM conference in the United States

2016–2018

National Sex Education Conference — Atlantic City, NJ

2017, 2019

REFERENCES

Available upon request

LINKS

lovingwithoutboundaries.com
vimeo.com/313688337
morethanmonogamy.com

Workshop Presenter — Shared stage with Dr. Ruth Westheimer

Sexual Health Alliance — CNM Certification Program

Ongoing

Relationship & Sexuality Expert Instructor — Year-long certification curriculum

World Domination Summit (WDS) — Portland, Oregon

2016–2019

Workshop Presenter & Meetup Host — Six events over multiple years

International Conference on Future of Monogamy & Nonmonogamy — Berkeley, CA

2015

Speaker — Academic research conference

Namasgay Summit — Seattle, Washington

2018

Speaker — LGBTQ+ community event

Sex Week — University of North Florida — Jacksonville, FL

2017

Workshop Presenter to LGBTQ+ Pride Community

Atlanta Poly Weekend — Atlanta, Georgia

2018

Workshop Presenter & Vendor

RelateCon: Empowering Relationship Diversity — Boise, Idaho

2017

Workshop Presenter

NYC Panels — Brooklyn & Manhattan, New York

2015–2019

Panelist alongside Dr. Elisabeth Sheff, Effy Blue, and Janet Hardy (The Ethical Slut)

— AWARDS & RECOGNITION

Master Certified Coach (MCC)

International Coaching Federation — credential held by fewer than 4% of coaches globally

DatingNews.com — Editor's Choice, Five Stars

Named among top Non-Monogamy Experts by DatingNews.com

Women in Podcasting Awards — Nominee

Nominated two consecutive years — 2024 and 2025

Bad Girl Bloggers Award

Recognized for outstanding contribution to the relationship blogging community

#1 Amazon Bestseller

Jealousy Survival Guide — reached #1 in its category with 7,200+ readers worldwide

New & Noteworthy — Apple Podcasts

Loving Without Boundaries podcast achieved New & Noteworthy status within its first three weeks under Sexuality and Health categories

Cum Laude Graduate

Drexel University, Bachelor of Science in Graphic Design, 1992

— COMMUNITY & IMPACT

Global Podcast: Loving Without Boundaries — 287+ episodes reaching listeners in 160+ countries since 2012

Facebook Community: 15,500+ members navigating conscious relationships worldwide

Documentary: Featured relationship expert in More Than Monogamy (2025)

Book: Jealousy Survival Guide — #1 Amazon Bestseller with 7,200+ readers worldwide

Research Collaboration: Active collaborator with Dr. Elisabeth Sheff, foremost academic researcher on consensual non-monogamy

Artistic Collaboration: Commission work with Tikva Wolf, creator of Kimchi Cuddles — one of the most recognized voices in the polyamory community