Gretchen Kindseth earned a BA in Music Education and Elementary Education from Jamestown College (now University of Jamestown). Her music career has included: teaching K-12 vocal and general music; accompanying for students, choirs, and productions from the elementary to the collegiate level; teaching piano lessons; church organist and Sunday school music leader; and teaching early childhood music classes. She has been teaching for Lifesong Family Music and Children's Music Academy since 2015, and became the owner of Lifesong Family Music in 2020.

Music has been an integral part of Gretchen's life, since she can remember. She was involved with singing and playing in church at an early age, and on stage in community musicals since the age of 4. A junior high band and choir instructor handed her music as an 8th grader and asked her to accompany the choir, which opened the door to the art of accompanying and collaborating with performers. Gretchen credits this teacher with planting the musical seed that eventually became a lifelong love and career.

Gretchen currently lives in Grand Forks, ND, with her husband Lucas and their 4 children. She is an IMC alumni of the Piano and Choir/Show Choir programs.