



## ABOUT KATE

Kate is a transformational educator and coach who helps women break free from unconscious fears that result in limiting beliefs and self-sabotage, so they can create lives they love. Her approach is grounded in mindfulness, neuroscience, and positive psychology, and she's passionate about helping women build confidence and resilience. With 30 years of experience as a teacher, spiritual mentor, crisis worker, and coach, Kate is an expert speaker & facilitator.

## SPEAKING TOPICS

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- How to Conquer Fear When Going After Your Dreams
- No Pain, Plenty of Gain: Discover Your Hidden Superpower of Self-Compassion
- Expect Less & Get More: Release Expectations to Live More Fully
- Shifting Work Culture from Passive Participation to Empowered Engagement
- Living a Fearless Life: A 1-day Workshop to Conquer Fear

