



KATE CHRISTIE
TIME INVESTMENT EXPERT

Me First - the guilt free guide to prioritising you

Based on Kate's fourth book: Me First: the guilt free guide to prioritising you (published globally by Wiley in 2020), this Keynote is targeted at every professional woman who:

- Juggles her magnificent career or business life with motherhood
- Wrestles with Imposter Syndrome
- Suffers from Mothers' Guilt
- Never says No
- Never has enough time
- Is forever busy and forever doing everything for everyone but herself
- Needs to be reminded that if she is truly to be the best possible version of herself, then it's OK to put herself first, at least some of the time.

Kate challenges your audience to:

- debunk their feelings of self doubt
- realise they can be both a great mum and have a great career

- take care of their own wellness to avoid burnout or opting out
- be the absolute best version of herself

A highly motivating, empowering and liberating keynote, each member of your audience will be left knowing that she is not alone, and that it is, in fact, OK to start putting herself first.

Options:

- 45 Minute Keynote

Bespoke:

It is important to Kate that her content and the strategies she provides are 100% tailored to your audience. Kate ensures this by surveying your audience via a short 5 question anonymous survey to identify their key pain points.

I could relate everything she said to my life - this is something most of us go through every day, the juggle with guilt, and we don't have the time to lead a better life. I strongly recommend people to take the opportunity to attend Kate's session or at least read her book. Thank you Kate, I can see I can change my life style from today. You are awesome!!
- Saritha

Loved listening to Kate's presentation! Will definitely be looking into her work further to make my life & time management skills better. Her story resonates with so many working mothers I felt like Kate was talking about my life. I would recommend Kate as a speaker for any woman's event. She is engaging, enthusiastic & entertaining to listen to! My favourite part of the Thrive Riverina speakers panel. - Anon

Kate changes lives. I found her to be incredibly passionate and enthusiastic. She is helping so many people to get the best out of every day. She has so much charisma and is an engaging, incredible speaker. Loved her. - Anon