

# Kat Smith

Model/Actor / TedX Speaker / Resilient Survivor



*When life is not working out,  
start within.*



## Speaking Topics

### RESILIENCE/CHANGE

7 Steps to Resilience

Renovate, Refurbish, Renovate Your Life - Embracing Change and Turning Tragedy into Triumph

Evol-U-tion - Moving Past Stagnation

### RELATIONSHIPS

Intimacy After Trauma - Moving Past the Pain into a Happy Healthy Life

*"Kat's willingness to walk her talk of authenticity is not just notable but courageous. Our audience was totally engaged as she spun her stores of grit and resiliency, mixing in just the right amount of humor along the way. She was the perfect voice to deliver a compelling message to our audience".*  
**Stephen Barth, University of Texas**



ModelKatSmith



ModelKatSmith



ModelKatSmith1

## ABOUT

Human Behavior Expert. - Kat Smith uses her Doctorate in Human Sexuality to understand behaviors that belong in a private setting and not the workplace. Kat is model for resilience. She has reinvented herself many times and nothing has stopped her drive, determination and zest for life. She is a survivor of childhood molestation and date rape who learned early that life is not fair, it's just life. She also inspires others to reclaim their lives and embrace the exciting possibilities waiting to be achieved. In fact she has a saying - "When Life Isn't working out - look within." Kat is passionate about sharing her truth to empower and succeed, heal embrace new chapters in life, by speaking to the hearts and minds of both men and women. She'll use her gentle sieve to filter and control your inner dialogue, showing you how to revive your life from the inside out.



[DRKATSMITH.COM](http://DRKATSMITH.COM)

[SPEAKER@DRKATSMITH.COM](mailto:SPEAKER@DRKATSMITH.COM)

972-930-0776