

# Kat Smith - Topics

Model / Actor / TedX Speaker / Resilient Survivor



An honest, bold and innovative thinker, Kat provides unique perspectives and humor to the most difficult of topics. Using her life experiences, Kat brings an authentic voice to healing and life reclamation.

*I asked Dr. Kat to speak for a local non-profit at one of their awareness functions. Her delivery was impactful and spot on for the audience. Dr. Kat is an engaging speaker who can tailor her presentation for your targeted audience. With her diverse experience as entrepreneur, author, and TEDx speaker, she can draw from a wide variety of topics and will give a talk that your audience will learn from and be moved by. I HIGHLY recommend her as a speaker!- Lynn Barrett - Business Development/Marketing*



ModelKatSmith



ModelKatSmith



ModelKatSmith1

## RESILIENCE

### 7 Keys to Living a Resilient Life

OVERVIEW - As a model for Resilience Kat is poignant, sincere and transparent in sharing her truth and transformation from devastating life experiences into victories. She persisted and was inspired and self motivated into creating a renewed perspective on life. The steps she shares are pivotal in creating a life filled with excitement, confidence and success. It only takes action and the willingness to live a life you desire.

#### AUDIENCE TAKE AWAYS:

- Actionable steps to create change
- Identifying fears, and holding patterns
- Encouragement to seize daily opportunities

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## **Evol YOU tion - Moving Past Stagnation**

OVERVIEW - Disruption is inevitable. Even extraordinary individuals battling adverse circumstances are not prepared to manage change. The clutter of expert and friendly advice has the capacity to get loud and cloud your vision. What you should do, say, buy, have, be is in the eye of society and everyone in it. Finding your way out of the overwhelming fog of trends is the focus of this presentation. Dr. Kat offers some insight to lead the audience through the stagnant times and lend support and encouragement. No judgement or limitations - Just YOU evolving into the person you already know you are.

### **AUDIENCE TAKE AWAYS:**

- Learning to Identify Your Desired Direction
- Distinguishing Which Way is Your Way
- Explore 10 Steps to Resilience

## **RELATIONSHIPS**

### **Respect is Mandatory**

OVERVIEW - In today's world we are inundated with instant responses and comments that disregard respect of a person's right to do anything. Many have also lost that sense of self respect which is a key element of professionalism and retention in the workplace. In this presentation there is a discussion of who and what deserves respect and why.

### **AUDIENCE TAKE AWAYS:**

- Identifying biases
- Establishing boundaries
- Addressing tolerance

"Kat was an incredible asset to our summit. Her insightful talk into the lasting effects of sexual harassment provided so much value for the audience. Sexual harassment, understandably, is a sensitive issue, but Kat managed to discuss it in such an open way that the audience felt at ease. Her session was one of the best received of the summit. As the producer of our HR summit, I feel lucky that Kat came to share her story with our audience." Lydia Hooker, GDS Group



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## Workshops / Retreats

### CHANGE

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

**OVERVIEW** - In our fast paced world, many of us are keenly aware that there is a need to improve or change our actions and beliefs, yet realize the habits are deeply imbedded. This message will unlock your audiences's power to embrace and take action towards personal growth by identifying and removing the barriers that stand in the way. As a model for Resilience Kat is poignant, sincere and transparent in sharing her truth and transformation from devastating life experiences into victories. She persisted and was inspired and self motivated into creating a renewed perspective on life.

#### **AUDIENCE TAKE AWAYS:**

- Laying Out Your Dream Design Plan
- Need to Know When Taking the First Swing on Demo-Day
- Tips for Rebuilding Your New Interior and Outlook

*"Kat is one of the most inspiring women that I have met. Our members are excited and motivated when she shares her insight. She is well rounded, engaging and so easy to work with. I am thrilled to have her as one of our speakers."*

*Tamara Peyton Bell, Founder*

*The Home Pleasure Party Plan Association, Inc.(HPPPA)*

### RELATIONSHIPS

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

**OVERVIEW** - In this presentation you get a totally transparent view into the mind of the victim and understand the challenges we face when trying to healing from sexual assault, molestation or other sex crimes. Dr. Kats offers a personal account of her survival and transformation from child molestation and date rape. She empowers her audience by living a life filled with happiness and healthy relationships and showing them how they can reclaim their lives and move from pain to joy.

#### **AUDIENCE TAKE AWAYS:**

- Understand the Difference Between Intimacy and Sex
- Identifying the Breakdown of Communication Between Genders
- How to Set and Communicate Needs and Boundaries