



# Kat Smith

**Model/Actor, TedX  
Speaker, Resilient  
Survivor**

A creative, honest, bold, and innovative thinker, Kat provides unique perspectives and humor to challenging of topics.

Using her life experiences, Kat brings an authentic voice to resilience, healing, life reclamation, and empowerment.



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

## Introduction

Kat is a survivor of some of life’s most traumatic atrocities, and learned early that life is not fair, it’s just life. One of twelve siblings from ten fathers, her early life challenges stemmed from her mother’s confusion about love and relationships, and poverty, which created damaging patterns that were repeated by both Kat and her siblings. She has transcended all her challenges in life and is still achieving goals and desires as she evolves.

Kat is an international speaker, and author of several books and programs. Using her life experience as a foundation, she has worked with individuals with healing and providing tools and information for managing healthy relationships and moving past obstacles that hinder success in achieving life’s goals.



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## 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.



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## Rave Reviews:

“As moderator of the biggest event ever to be witnessed by Census Partners in the Dallas Region, (Southern Louisiana Partnership Conference, New Orleans, LA, August 18, 2009) Dr. Kat hits a “Grand slam”. Playing to an audience, inclusive of the National Census Bureau’s Director, the Regional director, and the Mayor of New Orleans, she was exhilarating, professional, and downright funny.” - **Willie H. DeBerry Partnership Coordinator-US. Census Bureau**

"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**

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**

"The energy, enthusiasm and sharing Kat shared in Nashville will ripple out to improve work life for tens of thousands of people across the country and around the world. This is our shared purpose – to help inspire and motivate people to do the best work of their lives – and it was a pleasure working alongside of you." - **Lauren Carroll, Globoforce/WorkHuman**



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## **RESILIENCE / CHANGE**

### **Renovate, Refurbish, Renovate Your Life - Embracing Change and Turning Tragedy 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 Resilient Survivor, 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



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

OVERVIEW - Disruption is inevitable. Even extraordinary individuals who achieved incredible feats while 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

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## 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



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