

# KAT SMITH

TedX Speaker / Resilient Survivor

# My Story

Some call me a Goddess.  
Others call me ... well, let's just its quite colorful.  
You can call me Kat.



## BIO

Dr. Kat Smith, DHS, is a survivor, a human behavior expert, Author, TEDx Speaker and international presenter. She is a show host and former co-host of a syndicated morning radio show with ABC Radio Networks, Inc., Dr. Kat is an engaging expert guest who is transparent and honest in sharing her truth and talking about difficult topics. Her presentations are inspiring, transformative and she delivers with wit and humor where appropriate. She has appeared on GMA, Huff Post Live, local GMT, Daybreak, Fox4, CW33 and she produces her recent show, ResilientLivingTV.

## INTRODUCTION

Kat is a survivor of childhood molestation and date rape who 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, which created damaging patterns that were repeated by both Kat and her siblings.

A native of New Orleans, Kat is an international speaker, and author of several books and programs. Using her life experience as a foundation, Dr. Kat's focus includes working with individuals on healing from past trauma by re-educating on the difference between intimacy and sex as a way to break free of the pain that holds them back from developing lovings, healthy relationships.

TO BOOK KAT EMAIL OR CALL:

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