

KAT SMITH

TedX Speaker / Resilient Survivor

TOPICS

RESILIENCE / CHANGE

FixHer Upper - 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 - Freeing Yourself With a Degree of Shift

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:

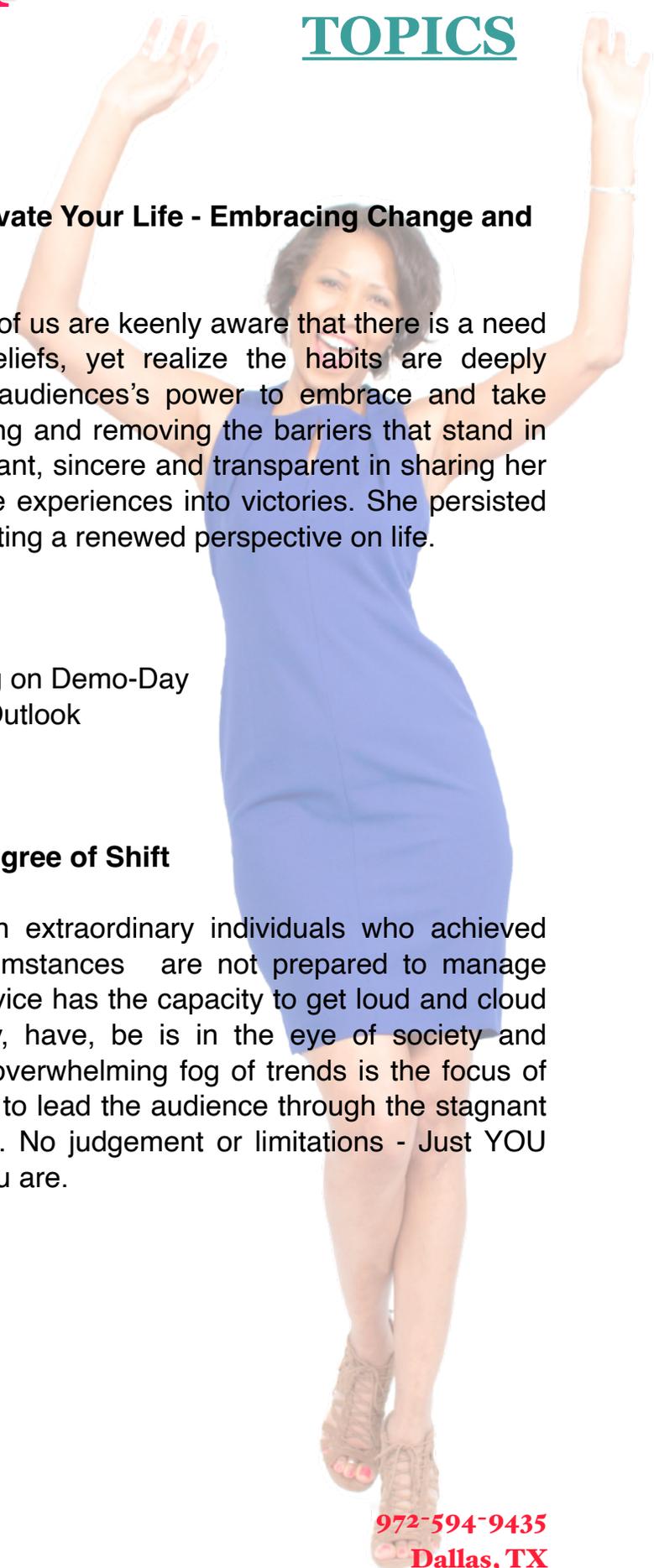
- Learning to Identify Your Desired Direction
- Distinguishing Which Way is Your Way
- Explore 10 Steps to Resilience

DrKatSmith.com

Speaker@DrKatSmith.com

972-594-9435

Dallas, TX



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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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