

Kat Smith

Model/Actor, TedX Speaker, Resilient Survivor



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



ModelKatSmith



ModelKatSmith



ModelKatSmith1

BIO

Human Behavior Expert. - Kat Smith also uses her post graduate education in psychology and human behavior, inspiring others to reclaim their lives and embrace the exciting possibilities just 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 heal those around her, by speaking to the hearts and minds of men and women in need. She'll use her gentle sieve to filter and control your inner dialogue, showing you how to revive your life from the inside out.

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 loving, healthy relationships.

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

TO BOOK KAT:

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