

# Kat Smith One Sheet

Model/Actor, TedX Speaker, Resilient Survivor



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



ModelKatSmith



ModelKatSmith



ModelKatSmith1

## Speaking Topics

### RESILIENCE / CHANGE

FixHer Upper - Renovate, Refurbish, Renovate Your Life - Embracing Change and Turning Tragedy into Triumph

Evol YOU tion - Freeing Yourself With a Degree of Shift

### RELATIONSHIPS

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

## 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.

## A seen on/in:



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