

# Kat Smith - Topics

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



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

“Kat is one of the most inspiring women that I have met. Our members are excited and motivated when she shares her insight. She is well rounded, engaging and so easy to work with. I am thrilled to have her as one of our speakers.”

Tamara Peyton Bell, Founder  
The Home Pleasure Party Plan  
Association, Inc (HPPPA)

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ModelKatSmith



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## **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

**TO BOOK KAT:**

**[SPEAKER@KATSMITHLIVE.COM](mailto:SPEAKER@KATSMITHLIVE.COM)**

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## **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

## **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

"Kat was an incredible asset to our summit. Her insightful talk into the lasting effects of sexual harassment provided so much value for the audience. Sexual harassment, understandably, is a sensitive issue, but Kat managed to discuss it in such an open way that the audience felt at ease. Her session was one of the best received of the summit. As the producer of our HR summit, I feel lucky that Kat came to share her story with our audience." Lydia Hooker, GDS Group



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