



KATE JAMES

Kate James is the author of best-selling books, *Believe in Yourself & Do What You Love* and *Be Mindful & Simplify Your Life*. She has spent the past fifteen years working as a coach, meditation teacher, speaker and retreat facilitator.

Utilising tools from Positive Psychology and Acceptance and Commitment Therapy, Kate works with individuals to help them clarify their personal strengths, develop confidence, increase self-awareness and gain a greater sense of clarity about their career and life direction.

Kate's interest in mindfulness is underpinned by Buddhist philosophy, but her approach is mainstream. In her workshops and retreats in Melbourne, Byron Bay, Bali, and the Yarra Valley, participants are introduced to different styles of meditation as well as the principles of mindfulness and how they can be integrated into every day life.

Kate is a sought after media expert who has spoken on television and radio and been quoted in *The Age*, *body+soul*, *BRW*, *Marie Claire*, *Mindfood* magazine, and *Mind Body Green*. She speaks to corporate groups on mindfulness, managing stress, finding more balance and living with purpose.



KATE'S SPEAKING TOPICS

The Five Principles of Living & Working Mindfully

Learn how to use the principles of mindfulness in practical, workable ways. Includes simple mindfulness practices that can be used every day.

A Mindful Approach to Managing Stress

How mindfulness can transform your relationship with stress. Includes simple mindfulness practices that can be used every day.

Creating Better Balance

The concept of work life balance is largely a myth. Most of how 'balanced' we feel occurs on the inside. Learn practical tips and techniques for feeling a greater sense of balance in a busy life.

Discover Your Purpose

Discover your unique strengths, values and how to live a purposeful life in your chosen career path.

CONTACT

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