



KATE JAMES - BIO 2016

Kate James is a career and business coach and meditation teacher. Utilising tools from Positive Psychology and Acceptance and Commitment Therapy, Kate's programs are assist clients to identify their unique strengths, develop self-belief and discover their own version of a purposeful life.

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 been quoted in *The Age*, *body+soul*, *BRW*, *Marie Claire*, *Mindfood* magazine, and *Mind Body Green*, and she has appeared on a range of radio and television programs across Australia.

She is the author of *Believe in Yourself & Do What You Love*, *Be Mindful & Simplify Your Life* and *The Mindful Journal* and creator of the Life Purpose Programs.

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