



**Kate James, Total Balance**

Kate James specialises in working with people who want to live creative, mindful and meaningful lives. Her clients are people who want to understand their unique strengths, who want to develop self-belief and who value the idea of achieving a sense of inner calm as they work towards their own version of a well-lived life.

Having discovered meditation over twenty years ago, Kate facilitates regular meditation and creativity workshops and retreats in Melbourne, Byron Bay, Bali and the Yarra Valley. Believing that there is no better way to manage stress and create clarity and focus, her aim is to demystify meditation and make it accessible to everyone.

In all of her work, Kate draws on teachings from Positive Psychology, Acceptance & Commitment Therapy (ACT) and the principles of mindfulness.

Her clients range from lawyers to artists, entrepreneurs to corporate leaders. Kate is also a sought after media commentator on mindfulness, confidence building and finding your true calling.

In January 2015, Kate released her first book, *Believe in Yourself & Do What You Love*.

Kate was one of the first Australian coaches to achieve PCC accreditation with ICF in 2005.

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