

## **KATE JAMES BIO**

Kate James is the author of four best-selling personal development books, *Believe in Yourself and Do What You Love*, *Be Mindful*, *Simplify Your Life*, *Change How You Think and Be Happier Now* and *Build Resilience and Free Yourself from Fear*. She has spent the past sixteen years working as a coach, meditation teacher, speaker and retreat facilitator.

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

Her clients range from lawyers to artists, entrepreneurs to corporate leaders. They are creative, insightful people who have an interest in living their own version of a successful and meaningful life.

Having practised meditation for the past 25 years, Kate teaches mindfulness workshops and retreats in Melbourne, Byron Bay, Bali, and the Yarra Valley, where participants are introduced to different to principles of mindfulness and how they can be integrated into everyday life.

Kate is a sought after media expert who has spoken on national 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.

She completed her certification in coaching with International Coach Academy in 2002 and was one of the first coaches in Australia to achieve the PCC accreditation with International Coach Federation in 2005.

Kate understands the 'work life balance' juggle first-hand having managed a successful career as she raised two (now adult) daughters. She lives in Melbourne with her husband of thirty years.

## KEY POINTS

- Author of four 'top ten' best-selling personal development books with over 110,000 book sales over the past four years.
- A sought after media expert who has spoken on national television and radio and been quoted in *The Age*, *body+soul*, *BRW*, *Good Health*, *Cleo*, *Marie Claire*, *Mindfood* magazine.
- Coached over 1,000 leaders and business owners over the past 16 years on defining strengths, values, purpose and direction.
- Mindfulness retreat facilitator for the past eight years in Byron Bay, Bali, Yarra Valley and Melbourne.
- Keynote speaker and workshop presenter for Latrobe University, Monash, Sensis, Grocon, Aviva, Coles Myer, Urbis, Moores Legal, The Victorian Bar, BHP Billiton, Macquarie Bank, NAB, PwC, Powercor, Clemenger, CHE, George Patts, Department of Transport, Department of Human Services, Department of Sustainability & Environment, Department of Justice, Financial Ombudsman Service, Victorian Electoral Commission, Australian Red Cross and Brotherhood of St Laurence.

## **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.

- **Changing the way we think about happiness**

Research has found that one of the biggest barriers to happiness is the way we think about it. Learn a more contemporary approach to a fulfilling life.

- **Creating better balance**

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

### **Video link**

<https://vimeo.com/135340569>

## TESTIMONIALS

“Kate came in to Cotton On Head Office and opened up our global mindfulness program. Her workshop was the perfect introduction to mindfulness. The talk was both informative and engaging with key takeaways and techniques that people used straight away. Since Kate’s workshop we have had leaders and general managers invite Kate back to further develop mindfulness within their teams.” **Luke McLean – Health +Wellbeing Manager, Cotton On Group**

“I absolutely adore Kate. She is a highly skilled, generous and enormously gifted business coach, especially for those who don’t traditionally consider themselves “business people”. I discovered her through sheer luck (thanks Google), and I remain sincerely grateful for the counsel she offered me back in 2010 when I was first fleshing out the bones for what would become Big Hearted Business.” **Clare Bowditch**

“Kate delivered a fantastic session for our executive team, the session was perfectly pitched for the audience and delivered well beyond my expectations. Kate’s engaging style and ability to mesh together research and real life practical examples really resonated with all who attended. In the weeks that followed many attendees have mentioned how much they learnt and are trying to include mindful practice into their daily lives.” **Nicole Tournier, Director Planning & Resources, Strategy & Governance RMIT University**

“We were fortunate to have Kate as a speaker at our Flying Solo LIVE! conference. Her session explored how to maintain balance while running and growing a business and the feedback from delegates was wonderful. Kate really ‘walks the talk’ and is clearly someone who has a great deal of expertise to share. Thank you Kate!” **Robert Gerrish, Flying Solo**

“Kate led an interactive two-day workshop with twenty of our nursing customers designed to explore the unique challenges they face managing stress in the workplace. Through a series of creative exercises, each participant was able to come to a deeper understanding of what it truly means to ‘manage stress’. The group dynamic became very open and supportive as we progressed. By the end of the workshop, everyone wanted assurances that this would be an annual event! We continue to get emails from our nurses describing the positive results they are getting from applying the stress management principles at home and at work. Well done Kate!” **Larry Fells, CEO, Dansac**

“Kate, I really appreciated you delivering such an excellent session, an Introduction to Mindfulness. Your presentation ‘hit the mark’ and I received a lot of positive feedback from the leadership team on the quality of the presentation. Your session made it to the top of my list of ‘three things that went well today!’” **Neil Whiteside, Director  
Community Wellbeing, Brimbank City Council**

“Kate taught us a number of different meditation techniques that were surprisingly simple to learn, yet effective. Kate herself is a fantastic advertisement for meditation as her presence was calming yet energising.” **Michele Leembruggen, Sustainable Building  
Coordinator, City of Melbourne**

“Some of my senior leaders were sceptical about meditation in general and some were feeling quite uncomfortable with the thought, however we persevered. We then arranged a session at our last leadership offsite. Within minutes of meditating the team realised that they were feeling more relaxed and everyone agreed, that it’s a simple and practical tool for stress management. We now have a number of the team meditating on a more regular basis.” **Franca Alessi, Business Support Manager, Network Operations &  
Development , National Australia Bank**