



A mental health disruptor and innovator, Katherine has incredible insight to share. After an International career leaning into the depths of how we currently respond to mental health, trauma, and performance, Katherine is determined to forge a life and world-changing path, one encounter at a time, through her Keynote Series. Book time for a 10 minute chance to embrace below:

Katherine takes you on the journey and delivers you to a brand new destination, full of empowerment and surprises.

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