

## Kate Christie

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***Best Selling Author, Speaker, Time Management Expert, Media Commentator & MC***

As Australia's top time management expert to clients including BUPA, Westpac, Specsavers, L'Oreal, Women in International Security, the Department of Prime Minister and Cabinet, and The European Union, Kate Christie has taught thousands globally how to save 30+ precious hours a month in time and then how to use that time to design and live their best lives.



She is widely regarded for her dynamic, engaging and motivational presentations where she inspires audiences with the right strategies and habits to find, harness and better use 'time'.

Kate is a sought after media commentator, including her roles as Opinion Columnist for CEOWorld Magazine and Flying Solo, co-host on TV's Kochie's Business Builders, and a regular guest commentator on radio shows, podcasts and in print.

The best-selling author of 5 books, Kate has been invited to speak to audiences around the world including in Australia, Asia, America, Western Europe, Eastern Europe and the United Kingdom.

Having worked as a corporate lawyer, a senior executive, and run her own businesses, all while managing a family and for the last six years being a single mum, Kate has a broad and very deep skill set across many aspects of business and across work and life. She has coached thousands of individuals and teams on time management, productivity, goal setting, life by design, business (big and small) planning, speaking with confidence, impression and brand management.

- The Life List
- Goal Setting and Goal Smashing
- Time Management
- Productivity
- How to find an extra 30+ hours a month
- Work/Life integration
- Women in business
- Impression management
- Imposter Syndrome

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