



KATE CHRISTIE
TIME MANAGEMENT EXPERT

Email Kate: kc@katechristie.com.au

Call Kate on: 0437100877

[Kate Christie](#) is an Australian based 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. She is the best selling author of 5 books including 'The Life List: Master Every Moment and Live an Audacious Life' and has a reputation for helping her clients find 30 hours of lost time a month. A sought after media commentator, Kate is an Opinion Columnist for CEOWorld Magazine and a co-host on TV's Kochie's Business Builders. Kate has spoken to audiences around the world including in Australia, Asia, America, Western Europe, Eastern Europe and the United Kingdom.

As a seasoned speaker and an authority in her space, she is very comfortable talking on topics including:

- 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

Photographs of Kate can be downloaded from her Media Page at www.katechristie.com.au