

PODCAST GUEST KATE CHRISTIE, AUTHOR OF 'THE LIFE LIST'

Kate Christie: Bio

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.

Kate's 5th book is called: 'The Life List: Master Every Moment and Live an Audacious Life'. It is a call to action for women who want more. Women who are thriving professionally, are successful, full of life and who want to be challenged to design and live life on their terms and in a big, beautiful and spectacular way.

Suggested questions include:

- Your new book, 'The Life List' is a call to action for women to start putting themselves first and to live a big spectacular life - a life they design. What drove you to write The Life List?
- Women - especially women from their 50s often feel invisible - how do you feel about that?
- Is approaching mid-life really a time of crisis?
- What exactly is a 'life list'? How is it different from a bucket list?
- I have read your current A-Z Life List, tell me more about (insert your favourite experience, for example: *The Larapinta Trail; The Water Park; The Importance of Business Giving; Was your Mum really a witch; Rejecting Alcohol; Swimming every single day...*)
- We are often so time poor, how do we find the time to make a Life List let alone live it?
- It sounds like goal setting made easy - does it work?
- After reading 'The Life List' - I feel invested in your personal Life List! Where can we read more about your adventures and stay up to date?
- If our listeners want to buy The Life List or want to connect with you, what's the best way?
- What's next on your Life List?

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