

KATE CHRISTIE

TIME INVESTMENT EXPERT

SPEAKER KIT 2025 - LIVE & VIRTUAL



Kate's favourite testimonial

“ There's a reason we keep inviting Kate back to our annual events - it's because she is awesome! She has a unique energy and sense of fun and, mixed with her expertise as a time management, goal setting and leadership coach, along with her skills as a presenter, it's a powerful combination. Kate's superpower as a presenter is connection; she has the unique ability to instantly win the hearts of the audience and take them on a journey with her. Every single time Kate presents at one of our events, our audience feedback is exceptional. Time and again she is rated as the #1 speaker at the event. Kate's keynote 'How To Change Your Life in 90 Seconds' was incredible - she honestly had the room in the palm of her hand - laughter, tears, joy and a massive injection of motivation. It was everything we could have asked for as event organisers. After her keynote, the queue to meet Kate and purchase a copy of her book 'The Life List' snaked out of the room. We continue to receive feedback that Kate was the standout speaker at the event. Kate is without question one of the best speakers I have ever seen and can't endorse her highly enough to anyone looking to make their conference a memorable one.

Michael Powell, Lincoln Institute

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Another favourite

“ The London Fuelling Ambition conference was a huge success, with over 400 women entrepreneurs and business leaders brought together to listen to a world class presenter line up from the UK, USA and Australia. We flew Kate over from Australia because we wanted our audience to hear about SMART Time Management from an innovative, dynamic and highly engaging thought leader. Nothing about Kate’s approach to Time Investment is vanilla – she compels her audience to think about their time differently and provides the strategies and practical advice to make implementation for quick returns simple. Kate is a storyteller – she told our audience at the start that she wanted to leave them educated, entertained and with a lasting impact on the way they choose to live, work and play, and she delivered. The attendee feedback from the event consistently rated Kate as one of the stand out presenters from the conference.

**Luke Renehan, Head of Marketing and Events,
Newable United Kingdom
www.newable.co.uk**

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KATE CHRISTIE

*I help you find the time you need
to live the life you want.*

Kate Christie is Australia's leading Time Management expert, Speaker, best-selling and award winning Author of five books, and a sought after media commentator.

Kate is highly regarded for her dynamic, engaging and entertaining presentations where she educates audiences on the right strategies and habits to ensure you find and harness hours of lost time and then plan for and deliberately use that time to live a life by design.

As a leading voice on productivity, goal setting and designing your best life, Kate consults to organisations of all sizes and compositions across every industry you can imagine.

As a media commentator, Kate is an Opinion Columnist for CEOWorldMagazine, Mamamia and Your Life Choices, works with Kochie's Business Builders and is regularly featured across television, radio, podcasts and the print media.

Kate is in the business of helping you find time
- lots of time - and using that time well.



KATE CHRISTIE
TIME INVESTMENT EXPERT



Keynotes and Workshops

Kate's authenticity is one of her greatest assets - her focus is on ensuring your audience is left with a lasting impact on the way they choose to lead, live, work and play. Her style is direct, practical, engaging and entertaining. Everything Kate does is intelligently, strategically and enthusiastically focussed on maximising your audience's time to ensure they can live the life they love. Your audience will walk away with a clear action plan on what they can do differently for immediate productivity and lifestyle gains.

Emcee

Who better to Emcee your event than a time management specialist!? Kate will keep your event on track with an intelligent, humorous and informed approach to keeping your audience, sponsors and other stakeholders highly engaged.

Virtual Presenter

Kate is an excellent Virtual Presenter. During Covid, Kate quickly and very successfully transitioned from live/ stage presentations to virtual keynotes, workshops, webinars and coaching. Kate works hard to ensure she engages her virtual audience early and she has the skill and talent to hold her audience until the very end. Her reputation as an accomplished virtual presenter has seen her deliver virtually across Australia, Malaysia, Singapore, the United Kingdom, Italy, Poland, Belarus, Moldova and the Ukraine, and her client's attest to her skill:

It is rare to see a speaker translate their on stage presence to an equally engaging and dynamic online presence - but Kate really delivered. I could not recommend Kate more highly as your next speaker - having worked with hundreds of speakers around Australia I absolutely rate Kate amongst the best I have seen.

- David Straughton, Specialist Practice Growth Consultant

Kate provided tailored productivity and efficiency strategies that were specific to our industry, kept our staff engaged for over 90 minutes, and offered our team additional data and the session recording for staff who were unable to attend live. We can highly recommend Kate Christie.

- Emma Curcio, People & Culture Canaccord Genuity Australia

We had an opportunity to invite Ms. Christie for our program Women in International Security in Eastern Partnership 2021 and all our participants (women) were amazed by the way of her workshops. Very smooth, very inspirational, and very engaging workshops! We hope to invite Ms. Christie to other our international programs.

- Karolina Krzyzanowska, Project Manager at European Academy of Diplomacy



Kate's Topics

#1 Power Up Your Productivity

Your audience is Time Poor. There are 3 key Time challenges they face:

1. They don't Plan their time
2. They don't Control their time; and
3. They don't Focus on the right tasks at the right time

What they really want is MORE TIME!

Kate has stepped tens of thousands of audience members through her '5 SMART Steps' framework to solve these frustrations:

1. Learn how to set amazing goals and plan your time around them
2. Take Control of your time and drive your own agenda
3. Gain clarity over your priorities to maximise your productivity

And most importantly - find an extra 30 hours a month to design a life you truly love.



#2 How to Change Your Life in 90 Seconds

Based on Kate's award winning and global best selling 5th book: 'The Life List' (the book which saw Kate invited to China by the Australian Government in 2025 for an international book and speaking tour), in this masterful keynote Kate will take your audience on an incredibly inspiring ride that will change their lives.

For the last decade Kate has worked with thousands of incredible, high performing teams and individuals just like you - people who:

- want a more fulfilling, sustainable, leveraged work and family lifestyle
- want to continue to thrive in their career, while also realising phenomenal personal achievement, growth, space and freedom; and
- know that they have to get back into the driver's seat and curate their perfect futures.

But just HOW on earth do you actually design your perfect life? What starts off as an amazing idea can pretty quickly lead to complete overwhelm and paralysis. Do not give up! Changing your life is actually a lot easier than you might think. In fact - you can do it in just 90 seconds.

Kate is a storyteller. She presented The Life List keynote to a room full of lawyers and had our audience transfixed. One minute she had us laughing and the next crying and the whole time, we were completely engrossed in her story. Everything she said resonated with our audience. It was a powerful lesson in how to engage and keep an audience from start to finish and we all walked away determined to live our best lives.

- Clarissa Rayward, Happy Lawyer, Happy Life



#3 How To Set and Smash Audacious Goals

The research is clear - people who set written goals are significantly more likely to achieve their goals than those who don't. If you want your high performing audience to take their success to the next level, it's time to educate them on the Why, How and What of goal setting.

An interactive and engaging goal setting masterclass, your audience will leave this session with:

- A minimum of one written 5 year goal
- A minimum of one written annual goal
- The Framework, knowledge and structure they need to set and smash all of their goals
- Maximum Motivation

#4 Future Proof Your Organisation - Maximising Productivity with a Hybrid Workforce

Future proof your workforce with the #1 key soft skill they need working in a hybrid or digital nomadic workforce - smart time management. The world of work has changed and your organisation needs to stay ahead of the curve or risk losing the war for talent. More than ever, talent is voting with their feet and you need them to vote for you. Support your new business model by upskilling your leaders, middle level managers and staff on how to maximise output in a new world of work. Equip your workforce with the skills, resilience, mindset and communication skills to:

- work remotely or in a hybrid work environment
- recognise the common productivity mistakes leaders are making right now
- how to avoid making them; and
- proven strategies to position your organization and team for the workforce of the future

#5 Team Productivity Protocols

This Workshop is targeted at high performing teams wanting to work together with synergy and at pace to remove organisational drag and to maximise individual and team productivity. Kate will walk your team through the best tailored productivity strategies for your team/ profession/ physical working environment, and will facilitate agreement on your new Team Protocols.

Your team will be left with:

- The tools and confidence on how to better invest their time and to respect the time of everyone else
- A written suite of Team Protocols ready for implementation

#6 Me First - the guilt free guide to prioritising you

Based on Kate's 4th best selling book: 'Me First' (published globally by Wiley in 2020), this Keynote is targeted at every professional woman who is juggling her magnificent career or business life with motherhood.

For every woman who has wrestled with Imposter Syndrome; Mothers Guilt; never saying No; never having enough time; forever being Busy; and forever doing everything for everyone but herself.

For every woman who needs a reminder that if she is truly to be the best possible version of herself, then it's OK to put herself first, at least some of the time.

Kate challenges your audience to:

- debunk their feelings of self doubt
- realise they can be both a great mum and have a great career
- take care of their own wellness to avoid burnout or opting out
- be the absolute best version of themselves - *the guilt free guide to prioritising you!*

In the Media

Kate regularly appears on television, radio, podcasts and in print as a leading commentator on smart time investment, goal setting, 'The Life List', 'Me First', succeeding in small business, women in business, and maximising work/life integration to ensure your success across work, family, community, and life. Kate is an Opinion Columnist for CEOWorldMagazine which has more than 12.4 million monthly page views and is one of the most widely read and respected magazines in the world, and opinion columnist for Mamamia and Your Life Choices, and a co-host for Kochie's Business Builders.



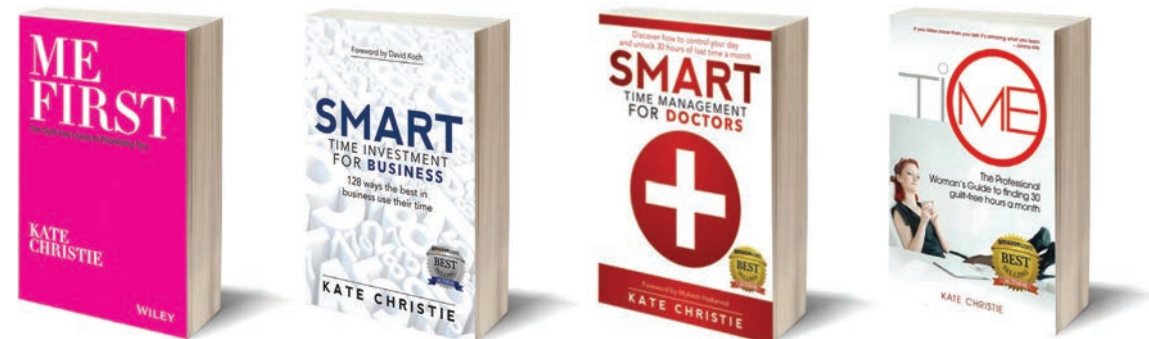
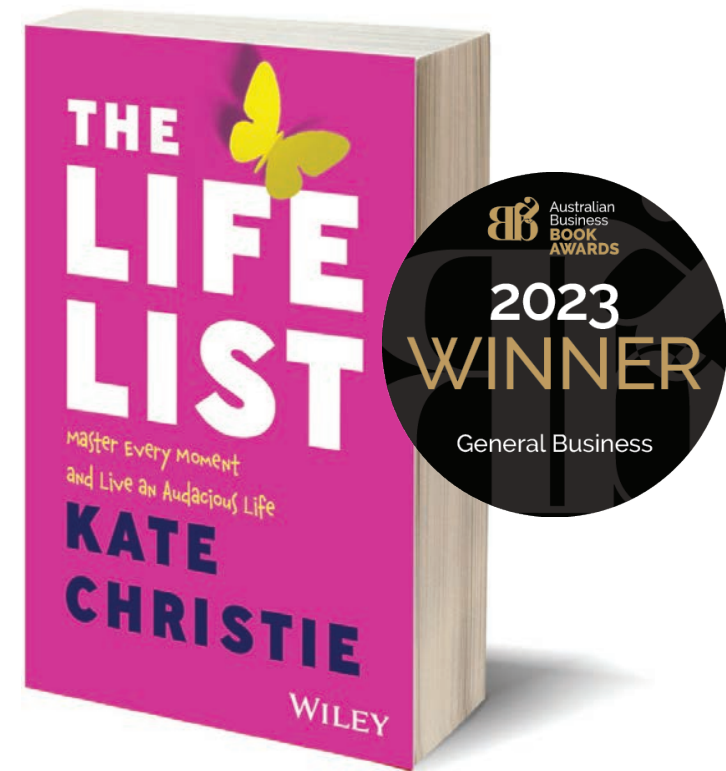
Kate's other Media appearances include:

THE AGE AGE	sky news	ninemsn	The Sydney Morning Herald
THE DAILY EDITION	wellness	THE PINEAPPLE PROJECT	YourLife Choices
98.7 rpp your peninsula radio	Life.	Herald Sun	CEO THE MAGAZINE FOR HIGH-LEVEL EXECUTIVES
FLYING SOLO MICRO BUSINESS COMMUNITY	6PR882 NEWS TALK	MamaM!a	
CORPORATE TRAVELLER bring an expert on board	Pacific magazines australia VOYEUR magazine	BREAKFAST	
Sunday Herald Sun	Latte		



Best Selling, Award Winning Author

Kate is a best selling author of 5 books, with her 5th book, 'The Life List: Master Every Moment and Live an Audacious Life' winning the 2023 Australian Business Book Awards: Best General Business Book. Kate's 4th book, 'Me First - the Guilt Free Guide to Prioritising You', sold over 10,000 copies worldwide. Kate is also quoted in a number of business books including 'Home Force' by Joanne Alilovic and 'This Working Life' by Lisa Leong & Monique Ross. Kate is more than happy to include her books at a special event rate for your next event.





Contact Kate

Engage Kate to Speak

Engage Kate to speak live or virtually at your next event or retreat.

Partner with Kate

Kate loves to partner with amazing brands and businesses on win-win outcomes, experiences, adventures, travel and lifestyle opportunities that add value to your customers and which add value to Kate's clients and readers.

To enquire about Kate as a Speaker at you next event or to Partner with Kate, contact her direct:

Email: kc@katechristie.com

Phone: 0437100877



KATE CHRISTIE
TIME INVESTMENT EXPERT

Clients

Kate has worked with Clients around the world, including:

Testimonials

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The Eventful Group runs 10 significant Events each year in ANZ including Mastering SAP and Mainstream. We attract 2000+ participants to our events. We have had the pleasure of securing Kate to speak at a number of events and were delighted when she rated as our #1 Speaker out of a lineup of 220 Speakers across 2021. I could not recommend Kate more highly as an expert in Productivity, Time Management and Goal Setting, and as a highly engaging, dynamic and impactful Speaker.

She is a joy to work with.

- Steve Morris, Managing Director, APAC SAPinsider

Kate ran two back to back Productivity Workshops at the Arca Credit Summit and the feedback was exceptional. Kate's content was incredibly valuable to our audience of financial specialists, she is an excellent and engaging presenter and our 240 plus delegates rated her session as a standout at the conference.

I particularly appreciated Kate's thoughtful preparation, with a keen focus on ensuring her content was tailored to her audience, providing relevant, actionable takeaways.

- Elsa Markula, CEO Australian Retail Credit Association

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New ideas

Old ideas

If it's not broken...

Pick a strategy

Y... involvement



Testimonials



Kate understands the time management and productivity issues we face working in a fast paced organisation with a range of stakeholders who often have competing demands. She has a deep knowledge of her topic and is able to convey strategies and solutions in a way that makes it both compelling and easy for our people to implement.

**- Margie Mahon, Director Business Development & Innovation
University of Melbourne**

Kate 100% tailored her Keynote to our team of HR and Finance people, and organisation - she spent the time with me to understand the time pain points we experience as a corporate services team and then delivered practical and easy to implement strategies that were powerfully aligned to our team and organisational values and goals. The team enjoyed her style and most importantly we have a great road map to ensure we work together in a highly productive way.

- Asher Green, HR Manager UAE Group

Newable Limited, UK works with businesses at the heart of the economy, unleashing potential, building resilience, and championing inclusive growth. We brought together an incredible line-up of international business owners and speakers to inspire our audience of 400+ British female entrepreneurs to back themselves and keep creating amazing businesses. Kate Christie from Time Stylers absolutely met our brief. She is an expert in Time Investment and an incredibly dynamic speaker. Kate was also engaged by the European Enterprise Network to run two time management workshops while she was in London – I sat in and learnt a lot! The feedback from all of our audiences was overwhelmingly positive –

Kate is an absolute professional.

**- Erica - Ciara Fitzgerald, Business Advisory Team Manager &
Lead for Diversity & Inclusion, Newable Limited UK**



Testimonials

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We needed a dynamic and engaging speaker for the Premium Bank to present to our Women in Business customers. A colleague recommended Kate to us and she was both insightful and inspirational. With her vibrant, and fun personality, Kate connected with our audience immediately and delivered content that they could use when they get back to their office. Kate was very easy to work with. She delivered clear, strong and practical messages with humour and certainly retained the attention of our guests.

- Erica Perkins, Head of Premium, Westpac

Kate walked our team through the exact framework she uses to set and smash audacious life goals. We were left inspired, motivated and we now have the tools we need to step into designing and living our best lives. I was so impressed with how Kate delivered her presentation cross-culturally and engaged incredibly diverse cultures. Feedback from the event is testimony to Kate's depth as it has all been fantastic! - **Rebecca Vostri, Global People & Culture Executive, Wiley**

Some speakers are all hype and little substance. Not Kate Christie - her content was 'gold'. Kate's delivery was fun and engaging, packed full of nuggets on how to make life more productive and fulfilled. If you want a great speaker for your conference, you can't go past Kate Christie. - **Gary Pittard**

Our attendees raved about Kate's keynote. If you're looking for a topic that will provide your audience with practical skills and strategies, delivered in a positive and relatable way then Kate Christie is your speaker!

- National Dental Care

What an awesome seminar - life changing and practical.

- People2People

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Testimonials

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Kate was such an engaging speaker - she spoke to people across all ages, demographics and stages of business development. - Thrive

What a worthwhile (and do-able) presentation! One of the absolute best I've been to on something virtually everyone needs to improve on. - Julie

Highly recommended! - CPA Congress

Kate's presentation absolutely nailed some of the key frustrations and roadblocks of our Director team. Getting back extra time is now a key focus for the business and Kate's tools will allow us all to get back some balance in our already busy lives.

- Preston Rowe Patterson

Kate changes lives. I found her to be incredibly passionate and enthusiastic. She has so much charisma and is an engaging incredible speaker. Loved her. - Kath

Kate spoke at a breakfast event and the feedback was fantastic. Excellent speaker and lots of takeaways for everyone! - People2People

Kate Christie is truly one of a kind - I've never met anyone so incredibly passionate and so hugely capable when it comes to helping people take control of their time - the number one issue we all face in life. Kate is a bestselling author, international speaker, she's appeared on Australian and NZ television, she has been featured on radio and in print as a leading commentator on time management and managing work/life integration. Her laser like focus is to help people take control of their time to ensure more meaningful success across career, family, community, and life.

- Andrew Griffiths, International Bestselling Author and Global Speaker

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Testimonials

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Kate delivered a powerful and compelling case for why and how we should manage our time the way we manage our money - with intent and within a budget. Our audience members had come from around the world to attend this conference and 'time management' is a universal challenge. Kate was engaging, entertaining and generous with her advice. Feedback from the participants was strong and we would not hesitate to engage Kate again.

- Anna Case, Chair of ICCA

Excellent workshop! New concepts I can realistically implement into my life so I will be immediately more productive. - Charlotte

I found the presentation very thought provoking and a little confronting when I realised how much time I waste. I now have a plan to turn this around. - Michael

Kate's presentation was both provoking and entertaining. It left me with the challenge to take ownership of my time investment, and effective tools to be able to do so. - Peter

Kate was engaging, real and shared valuable strategies. - Lucy

I heard you speak and you just blew me away with the concept of time investment and taking control. I am more productive, less overwhelmed and have much more time to spend on money making activities. And I haven't worked on the weekends since.

Big changes. - Annette

Kate's talk was packed with really helpful practical advice on how to save wasted time. The presentation was easy to follow

- Kate is a great presenter who really holds your attention from start to finish. - Jeremy

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Testimonials

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Kate is a dynamic speaker who knows exactly how to read the room and engage with an audience. - The Australian Writers Centre

Kate is an energetic and entertaining presenter - she can lift a quiet room and skillfully manage a more energetic room. She was also generous with her content, following up by sending her templates and tools to team members who requested them. Feedback from our participants was excellent. We would not hesitate to engage Kate again and to recommend her to other organisations looking to educate their people on smart time management. We really enjoyed working with Kate. - Resilium

As a convener, I couldn't recommend Kate more highly. She was just as fantastic at the back of house end as she was at the Summit. - Dr Paula Parker, AUA

Kate is an inspiration not only did she present with confidence, she provided us with an informative presentation that 'cuts through the crap and straight to the point'. Kate knows how to present, not only with a laugh but with power and integrity. - Cameron

Kate is an absolute dynamo! A brilliant and engaging speaker, author and coach, Kate's 'timestyling' advice and methodologies have saved my bacon. Thanks to her I know how to free up some of my time to focus on the things that are important in my life and my business. I couldn't recommend her highly enough. - Jules

Kate changes lives - brilliant real life presentation, and your connection with the audience was magnificent and so REAL!!! Awesome, absolutely loved it. - Danny

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TIME INVESTMENT EXPERT

Email: kc@katechristie.com

Web: www.katechristie.com.au

Linkedin: <https://www.linkedin.com/in/kate-christie/>

Facebook: <https://www.facebook.com/kate.christie.92>