



Katie Gallagher

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Katie Gallagher – Life Coach

Need a motivational and inspiring speaker for your next event?

Katie is an entertaining presenter who has been a regular on local (Perth) ABC radio providing 'life tips' for listeners and was the life coach for British Morning TV Show GMTV's (reality series) 'Inch Loss Down Under'.

She has considerable experience presenting to large and small groups of professionals and has spoken for AIM, KPMG, The Lunchbox Lunch List and a variety of conferences including co-presenting at the International Coach Federation New York Chapter Conference.

She spent 15 years on a podium in lycra as an aerobic instructor and a fair proportion of her teens on the catwalk, needless to say she is comfortable in front of an audience!

Since 1998 Katie has worked as a coach privately and in house for both government and private organisations. In recent years her primary focus has been life coaching for motivated young professional women.

She is an International Coach Federation Accredited Coach and a graduate of Coach U, a leading global provider of coach training programs. She also holds a Bachelor of Science in Health Promotions from Curtin University.

A talented athlete she surfs, dances and plays basketball. In 1990 she won the national title of 'the Arthur Murray Dance-a-rama Champion' (sadly) this is a victory she still clings to today.

An elite basketball player for almost two decades she reached somewhat professional status before retiring in 2002 to go 'surfing'. Whilst in Mexico she caught her biggest wave ever and she still dreams of being barreled one day.

She successfully balances a private coaching business and a fulfilling relationship with her husband and two sons. She still practices a healthy, active lifestyle except when she is drinking bubbles with her friends and neighbours which is often.

To book Katie or for more information please refer to her website www.mintcoaching.com or contact Katie directly on **0422 248 872** or email: katie@mintcoaching.com

* All images in this document are of Katie Gallagher.

Enc. Tone, Topics, Speaking examples, Professional background and experience.



Do you get that saying you can't have your cake and eat it? Me either.

I mean if you have cake of course you want to eat it!

I coach people to get their cake and then devour it with absolute and total pleasure.

Katie Gallagher
Mint Coaching

Tone

Katie is warm, inspiring and fun. She engages the crowd and gets them thinking it is hard to be passive in her audience. She uses humour, questions and stories to engage the crowd and her enthusiasm is contagious.

Audience members have said the following:

Motivating and enlightening

Great enthusiasm and a love of what she does. It is contagious.

Got me thinking and re-evaluating my directions.

Very surprising and interesting.

Inspiring and entertaining.

Very inspirational and useful points.

The information on values and excitable was very thought provoking. Katie's presentation was fresh, energising and most of all made a lot of sense. Katie has encouraged me to ask the right questions.

Topics

Katie's topics are of a motivational nature and designed to get audiences thinking about their life and how to get the most from themselves. Specific areas include:

Work life balance

Stop giving lip service to what you say is most important, identify your priorities for real and then design your life around them. Shift your mindset around work/life to one of pursuing happiness. work is a part of life not life itself.

Passions

Know your passion and love your life! Easy for some, tricky for many and down right overwhelming for most. So let's break it down, forget about your passions and discover what excites you most. Then build a personal framework to ensure you are doing something which excites and energises you everyday.

Confidence

Understand the difference between blind confidence, situational confidence and self confidence. Really tap into to who you are and unlock your inner glow.

Goal setting and lifestyle planning

Learn how to distinguish what you really need and want and then develop a step by step action plan to help you achieve it.

Needs, Values and Wants

Know your one (or two) big needs and get them met in a healthy manner. Identify your true values and start aligning your life to these. With a clearer understanding of who you are decide what it is you really, really, really want.

Sessions are tailored for specific audiences and can be adjusted for:

- ✓ Short presentations
- ✓ Keynotes
- ✓ Workshops (full and ½ day)
- ✓ Session times and context can be tailored specifically to your needs

Speaking Examples

Lunchbox Lunchlist

: *Get clear on your year – 2010*

: *Creating the perfect life for yourself one day at a time.*

Katie Gallagher has spoken at The Making of Me®, a professional development day for women as part of LunchBox List®, Perth's premier networking and event program for women with careers and in business; also presenting a facilitated workshop on goal setting in 2009.

Katie is an enthusiastic speaker sharing her best tips and advice in a practical and interactive way, and truly wants to help others create the life they want at work and home.

Emma Lovel, General Manager, LunchBox List, www.lunchboxlist.com.

KPMG: *200 Days without my mobile - a Latin American Adventure*

EGAMI STYLE & Mint Coaching: *Unlock your inner glow*

Katie, I recently attended your Inner Glow workshop and I wanted to send my thanks for a fun and inspiring night. I left armed with some interesting ideas to ponder and some ultra motivating tips to get my very own inner glow as radiant as yours. Thanks again, Kylie Smedley

Executive assistant & personal assistant interactive

: *taking command of your strengths to soar in your career*

: *knowing how to be assertive in your role*

AIM: *Sprigboard to success*

GMTV - Inch Loss Down Under: *Connecting with your authentic self*

ABC Radio (Perth) – *Listen [here](#) and [here](#)*

View articles – [here](#)

Education & Achievements



- ⊗ **2005: Accredited Coach** - International Coach Federation
- ⊗ **2003: Graduate Business and Personal Coach Training Program**, CoachU Australasia
- ⊗ **1997: Bachelor of Science** Major: Health Promotion, Minor: Public Relations, Curtin University, Perth WA
- ⊗ **1986: Diploma in Health, Fitness and Recreation** Bruce TAFE, Canberra ACT

- ⊗ Member, International Coach Federation
- ⊗ Accredited Aerobic Instructor
- ⊗ Bronze Medal in Ballroom Dancing

Fitness and Sports

Aerobic instructor, personal trainer and State basketballer

- ⊗ **Women's National Basketball League (Perth)**
Player
2002
- ⊗ **State Basketball League (Western Australia)**
Player
1992 – 2002
- ⊗ **1986 Basketball Scholarship** at the *Australian Institute of Sport*
- ⊗ **Women's National Basketball League (Adelaide & Australian Institute of Sport)**
Player
1986 – 1990
- ⊗ **1980's State and Junior Australian Basketball Squad Member**

Professional History

Mint Coaching - Personal & Business Coach (private practice)
Jan 1998 – Current

WA Cricket Association - Sponsorship Coordinator
Sept 2001 – March 2003

CitySearch - Coach/Trainer
Feb 2001 – July 2001

WA Drug Abuse Strategy Office - Project Officer: Organisational Development & Coordination
Apr 1998 – Feb 2001

Health Department of WA - Health Promotion Officer: Alcohol & Other Drugs Program
Dec 1997 – April 1998

Sports Challenge - Mentor/Coach to youth with low self esteem
1992 – 1997

Atlantic Goose Motor Yacht - Stewardess
1993

Model (television, catwalk, print) – Finesse Model Agency (SA), Vivians (Vic)
1987 - 1992

Aerobic instructor and personal trainer – variety of health clubs in WA and SA
1987 – 2002

Thank you

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