

KATE ZIEGLER

HOLISTIC HIGH-PERFORMANCE



Long Bio

Kate Ziegler is a two-time Olympian, four-time World Champion, World Record setter, and holistic high-performance coach. Her storied career includes competing in two Olympic Games, winning fifteen medals in international competition, breaking the longest standing world record by 10 seconds in the 1500-meter freestyle, and representing companies such as Speedo, Mutual of Omaha, and BMW.

After retiring from swimming in 2016, Kate earned her MBA from the University of Tennessee's Haslam College of Business, concentrating in marketing and entrepreneurship and innovation. Upon graduating, Kate helped launch two companies. She is the co-owner of Zone International Group, a cutting edge, custom sportswear company and KZS, Inc., where driven individuals and organizations go to optimize performance and well-being.

Kate is a nationally recognized speaker delivering compelling keynotes with actionable insights for experiencing high-performance in all of life's arenas.

Kate delivers a refreshing and unique perspective of success after being the best in the world yet feeling unfulfilled, unmotivated, and burned out. With rare vulnerability and authenticity, she challenges audiences to redefine success and live and lead with more confidence, courage, resilience, and love. Kate is the perfect fit for organizations who want actionable, pragmatic strategies and tools for driving results *and* employee well-being in and out of the office.