

KATE ZIEGLER

HOLISTIC HIGH-PERFORMANCE

Short Bio

Kate Ziegler is a two-time Olympian, four-time World Champion, World Record setter, and holistic high-performance coach. Her storied career includes 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.

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 individuals and organizations go to optimize performance and well-being.

Kate is a nationally recognized speaker who delivers compelling keynotes with actionable insights that challenge audiences to expand their self-awareness, harness self-leadership, and develop the tools and habits to experience high-performance in all of life's arenas.

