

# 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 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.

Upon graduating with her MBA from the University of Tennessee, Kate helped launch two companies. She is the co-owner of Zone International Group, a cutting edge, custom sportswear company and KZS, Inc., empowering ambitious individuals and organizations with tools 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. With rare vulnerability and authenticity, Kate challenges audiences to redefine success and live and lead with more confidence, courage, resilience, and love.

