

KATE ZIEGLER

HOLISTIC HIGH-PERFORMANCE

Introduction

Kate Ziegler is a two-time Olympian, 4-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.

Since retiring and receiving her MBA, Kate has spent the last four years helping individuals and organizations optimize their performance and well-being for sustainable success.

Kate spends her free time on land these days trying new recipes in the kitchen, running (very slowly!), and completing DIY home projects.

Please join in welcoming Olympian, entrepreneur, and holistic high-performance coach, Kate Ziegler.

