

# KATE ZIEGLER

Speaker Kit



*"As the founder of a new women's summit for entrepreneurs and professionals, I knew how important my selection of speakers would be on making an impact and inspiring attendees. I couldn't have made a better decision than to have Kate kick-off the event with her incredible story. She is wonderful at instantly capturing an audience's attention and taking them with her through her incredible ability to mix storytelling with motivational speaking. Each woman in the audience could connect to Kate's story and each walked away feeling inspired and ready to make a change."*

**CATHERINE PORTH, DIRECTOR OF MARKETING, SURVATURE**



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## ABOUT KATE ZIEGLER

Kate Ziegler is a two-time Olympian, 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.

Kate parlays her experience as a professional athlete and entrepreneur to empower individuals to experience holistic high-performance and thrive in all of life's arenas.



Kate Ziegler is a two-time Olympian, World Record setter, and holistic high-performance coach. 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 who delivers compelling keynotes with actionable insights that challenge audiences to expand their self-awareness, harness self-leadership, and develop the keys to experiencing high-performance in all of life's arenas.

Kate brings a refreshing and unique story perspective of success after being the best in the world yet feeling unfulfilled, unmotivated, and burned out. With atypical vulnerability and genuineness, Kate is the perfect fit for organizations who want actionable, pragmatic strategies and tools for driving performance *and* well-being in and out of the office.

And yes, you can take pictures with her medals when she's done!

## Thrive in all of Life's Arenas

### HOW TO BUILD HIGH-PERFORMANCE RESULTS, SELF-LEADERSHIP, AND RESILIENCE

Stress, unhealthy habits, and lack of self-care as just a few reasons 61% of employees report being burned out at their job. Go from surviving to thriving *in all of life's arenas* by learning Kate's Five Components of Holistic High-Performance and how to apply them to yourself and your organization today.

#### You'll learn:

- ✓ Why high-performance is available to everyone
- ✓ The difference between **high achievement and holistic high-performance**
- ✓ The **five components to holistic high-high performance** and how to master each
- ✓ Strategies and tools to begin experiencing holistic high-performance for **increased self-awareness, success, and less stress**

*"I truly loved your talk. It was one of the very best and most personal I ever heard! And I was not alone by far."*

**PETER SOLLOGUB, C7A**

## Courage and Confidence to Thrive

HOW TO BUILD UNSHAKABLE CONFIDENCE TO  
PUSH OUTSIDE YOUR COMFORT ZONE, OVERCOME  
OBSTACLES, AND LIVE AND LEAD AUTHENTICALLY

Too many of us are living someone else's dreams and living by someone else's rules. Break free and go from self-conscious to self-confidence, from fearful to fighter, and surviving to thriving.

### You'll learn:

- ✓ Why we get confidence wrong (and **how to get it right**)
- ✓ How to harness the **power of beliefs** to get out of your way and **achieve your dreams**
- ✓ Common **limiting mindsets** and how to **break free** of them for yourself and those you lead
- ✓ How to overcome nerves, fears, and doubts to **build competence and confidence**

*"Kate's speech should also be given to the families of cancer patients. My husband was just diagnosed with Leukemia, and Kate and her speech really gave me so much hope during an extremely difficult time."*

**CERA SMITH, HUMANE SOCIETY**



## Does Kate speak on topics other than those listed?

Yes, she does! While these are two of the most frequently requested topics, Kate customizes every presentation to the audience's needs, timeframe, and budget.

## What other topics does she speak on?

- Self-leadership
- Developing self-discipline through habits and routines
- Mindset
- Goal setting
- High performance
- Confidence
- Holistic well-being

Please contact Kate for more information on speech topics and to discuss customizing a presentation for your group.

## How long are presentations?

Keynote presentations range from 15-minutes to 45-minutes. Workshops are available in 2-hour, half-day, and full-day increments. Content and objectives are adjusted accordingly.

*"Our agency had a special training on "becoming a high performer" with Kate. The knowledge gained from this Olympian was amazing. Her vision on the Law of Incremental Gain was spot on. She made the material easy to understand and related well with our employees. We look forward to having her again at our agency."*

**PAUL ROSSON, SOUTH CENTRAL HUMAN RESOURCE AGENCY, EXECUTIVE DIRECTOR**

# KATE ZIEGLER

*Thrive in all of life's arenas*



**Kate would love to chat with you about your upcoming events.**

To learn more about working with Kate or to schedule a Discovery Call with Kate to explore discuss how to make your next event a great success, please send an email to the address below.

[kate@kateziegler.com](mailto:kate@kateziegler.com) | [kateziegler.com](http://kateziegler.com)