



KATH KOSCHEL

Survivor, Founder of Kindness Factory & Keynote Speaker

Kath Koschel knows how to take on a challenge and win, having learnt to walk again several times, physically and mentally. She also knows how to deliver acts of kindness. As the founder of the Kindness Factory, the acts of kindness she contributes to the world each day are dramatically changing the way we engage in schools, business, the community and within ourselves.

An elite sports person, survivor, founder, and powerful keynote speaker, Kath draws on her experiences to inspire audiences to challenge the way they see the world. By taking them on an emotional roller coaster, she leaves them in awe of her incredible courage and determination. And she encourages them to do the same for themselves and others – through small acts of Kindness.

More about Kath Koschel:

Kath has broken her back twice. The first time she was playing cricket for NSW, the second she was training for an ironman competition. Learning to walk again didn't break her. But losing her partner almost did. But she'd taught herself to walk again physically, so she told herself she could overcome anything mentally, and so she did.

Through astounding resilience, Kath was able to create joy out of sorrow. She went on to found the global movement and not for profit organisation Kindness Factory, and in doing so, became a force in driving Kindness on a world scale.

Now known worldwide for her Kindness adventures, Kath shares the journey of how she turned adversity into triumph, and the thoughts that led her to leave her home with nothing but the clothes on her back in an attempt to prove that you really can survive physically, mentally and emotionally,

on Kindness. An outpouring of support and offers of food and shelter on social media had Kath travelling around Australia on nothing but the Kindness of strangers, spreading her message of hope.

In spite of the challenges Kath has faced in life, she has raised over \$300K for various charity organisations, and is an active mental health advocate. She has completed an Ironman challenge with feeling in only one of her legs, and has trained to swim the English Channel.

Kath has been appointed to the Board of the Australian Young Leaders Initiative and she has addressed Australia's Prime Minister. In 2016, she was awarded the Pride of Australia Medal, and in 2017, she was selected by Marie Claire as a 'Woman of Worth'.

Kath Koschel talks about:

- Becoming the best version of yourself – Kath is the embodiment of goodness and making the most out of any situation. She thrives on the importance of focussing on the things and abilities that we are privileged to have, in order to live a meaningful life.
- Accepting and benefiting from change – After having to re think her life the first time she broke her back, Kath channelled the same drive that she had as an athlete to create a global movement inspiring people to do good.
- Overcoming incredible adversity
- Helping others while helping yourself
- Building resilience
- Improving culture and team performance
- Setting goals