



KATE FITZSIMONS

TEEN RESILIENCE PRESENTATION

Helping Students Develop **Response-Ability**



Your talk was different...

“I was really inspired by your speech. I don’t usually connect to talks like that. However I felt like yours was completely different... it’s like you could read my mind. It left me shocked because the whole thing made sense and your presentation has really stuck in my mind.” – Student, Idaho Falls High

Since overcoming her own adversity in such a positive way, Kate’s passion is teaching teens that through the power of their perspective they **always have a choice** in how they respond to challenges in life.

Her presentation shares her journey of going from a grieving sister battling an eating disorder to one of Australia’s 100 Women of Influence. Kate’s powerful story grabs student’s attention and she keeps them engaged by combining it with useful strategies to help them improve their “response-ability” to stress and struggles they face as teens.

Click below to watch Kate in action and the impact she has with students!

Kate doesn’t just give your students sixty minutes of inspiration, but ongoing support to keep growing their resilience skills with post-presentation resources and her weekly podcast show for teens, **“Okay. Now What?”**.



It was very life changing and inspiring.

Your speech brought me to tears and was very touching. I’ve been changing myself for the better and your speech just helped push me in my journey of self acceptance. It was very life changing and inspiring.

- Year 11 Student Testimonial

TEEN RESILIENCE PRESENTATION: 1 HOUR DURATION

This presentation combines Kate's expertise as a certified life coach with her powerful journey of rebuilding her life after the loss of her sister. It focuses on teaching students about the power of their "**response-ability**" - which is their ability to **choose** their response to any situation based on their perspective of it.

Through her humor, humility and unique ability to connect with teens, Kate empowers students to choose to search for the good in every situation so they can find strength they need to turn their struggles into an opportunity to learn and grow.

This heartfelt and relateable presentation has such an impact on students that by the time they walk out the doors from it, they will understand how to never feel helpless again.

OUTCOMES

Students will develop resilience through:

- Recognising and evaluating the impact of negative thoughts and self-talk
- Understanding cognitive-behaviour connection between their thoughts, feelings and reactions
- Learning a simple tool to change unhelpful thoughts and reframe negative beliefs
- Strategies to develop a growth mindset during adversity
- Core beliefs of Resilient people
- Knowing where and who to ask for help

Cost: \$975 (including travel)

Cost includes Post-Presentation Resources:

Downloadable Resilience Toolkit for students, school posters, class workshop for teachers and a motivational quote card for every student.

"I'm a Year 11 student at Nowra High School. I would first like to say a very big thank you for the amazing presentation.

You really touched my heart and helped me to understand that I can change my thoughts. Your presentation really made me think about my thoughts and how I can change it from negative to positive.

I feel like you have really inspired me and others in my year. You are truly inspiring and an amazing role model to look up to. You have made me look at my thoughts in a different perspective and I'm really grateful for it, thank you so much!

- Year 11 Student Testimonial



TESTIMONIALS



Kate's presentation inspired me...

We recently had Kate come to deliver her most inspiring presentation. For me as a cycling athlete I struggle quite a lot with mental challenges. When I competed in U19 National Championships I had someone crash into my back wheel leaving it mangled and behind everyone else. I suffered many weeks after that in a depression mode, like I wasn't good enough and people had lost hope in me. But Kate's presentation inspired me to see the positives in every circumstance. That what happened to me at Nationals happened to make me stronger and more resilient. I came home that night and smashed out my session repeating her inspiring words in my head and it's the best I have felt in weeks! Kate really changed my life! And I can't thank her enough for it!

*Emily Mascaro, Year 11 Student
Santa Maria College, Perth*

I'm so thankful...

"Thank you so much for coming and speaking at Rigby High. I will remember your presentation for the rest of my life. Even just driving home after school I was so thankful for every breath I was taking."

- Student, Idaho Falls High

This will have a positive effect...

"High school can be rough, for some more than others and I really think this is going to have a positive effect on our school."

- Rigby High School

"We recently had Kate come to deliver her most inspiring presentation. For me as a cycling athlete I struggle quite a lot with mental challenges. When I competed in U19 National Championships I had someone crash into my back wheel leaving it mangled and behind everyone else. I suffered many weeks after that in a depression mode, like I wasn't good enough and people had lost hope in me. But Kate's presentation inspired me to see the positives in every circumstance. That what happened to me at Nationals happened to make me stronger and more resilient. I came home that night and smashed out my session repeating her inspiring words in my head and it's the best I have felt in weeks! Kate really changed my life! And I can't thank her enough for it!

*Emily Mascaro, Year 11 Student
Santa Maria College, Perth*

TESTIMONIALS

I've noticed a drastic change...

"I am so grateful you were able to come to the US. Since your presentation, I have noticed a drastic change in the attitude of my peers, and it's all thanks to you!"

- Idaho Falls High Student

Dramatic impact...

"You have made a dramatic impact in the lives of many here, including my own."

- Idaho Falls High School

You changed my outlook...

"A lot of times I struggle with anxiety so hearing what you said on how I can change my outlook on situations and how that can change my attitude really changed my perceptions."

- Student, Idaho Falls High School

Your talk was different...

"I was really inspired by your speech. I don't usually connect to talks like that. However I felt like yours was completely different... it's like you could read my mind. It left me shocked because the whole thing made sense and your presentation has really stuck in my mind."

- Idaho Falls High

Extremely relevant and valuable...

I cannot thank Kate enough for coming to speak to our Year 11 students and sharing her resilience toolkit, or recommend her highly enough to other schools. Her presentation was extremely relevant and timely, targeting the stresses that students experience during their HSC,

and giving personal and insightful strategies that students can employ immediately. Positive student feedback shows it was valuable and applicable. This is a program that I will use with future year groups without hesitation.

*Phil Ryan, Leader of Senior Students,
Corpus Christi Catholic High School, Oak Flats*



“Kate’s personal and heart wrenching story described the tragic loss of her sister, Nicole, and her struggles to cope. Kate shared a range of strategies that she found effective and skilfully related these to situations in which our Year 9 - 12 students might find themselves.

Kate’s clear and resounding message was that in every circumstance thoughts are momentary and that one chooses which thoughts to focus on; that unhelpful, negative thoughts can be changed. Kate motivated our students to understand that a growth and not fixed mindset is necessary to be able to cope with life’s inevitable challenges and that changing your thinking to change your feelings is a choice we can all make. We look forward to Kate’s presentation next year.

*Gai Bath, School Counsellor,
St Mary’s College, Hobart*

To give your students an inspiring opportunity to build upon one of life's most important skills, contact me today by emailing kf@katefitsimons.com or call +61 400 478 788.

Kate Fitzsimons is a Motivational Speaker, certified life coach and Director of the Nicole Fitzsimons Foundation - established in honour of her sister who was killed in an overseas accident during 2012.

After graduating from her Business Degree, Kate left her corporate career in March 2013 to dedicate herself to Nicole's Foundation full time. She has spent the last 4 years traveling Australia sharing her heartfelt story with senior students to educate them about the importance of travel safety, and now works in co-operation with the Smartraveller, with the personal support of Foreign Minister Julie Bishop.

Inspired to help others thrive through adversity as she has, Kate is now certified as a Life Coach and works with high school students to build resilience and mental strength during challenging times using the power of positive psychology. Being

described as 'eye-opening', 'life-changing' and 'unforgettably inspiring', her presentations have reached over 100,000 senior students at over 200 schools around the world.

Kate's passion to make a positive difference in the lives of young Australians has not gone unrecognised, winning various awards and recognition including:

- Australia's 100 Women of Influence (2016)
- Cronulla Woman of the Year (2018)
- Top 4 Finalist in NSW Young Woman of the Year (2019)
- Top 4 Finalist in NSW Young Achiever of the Year (2019)
- DailyTelegraph's Body+Soul Extraordinary Woman of the Year (2014)
- Rockdale's Young Citizen of the Year (2014)
- Top 3 Finalist in Daily Telegraph's Pride of Australia 'Young Leader' category (2014)
- Semi Finalist in Women's Weekly Women of the Future Awards (2016)

"We recently had Kate Fitzsimons from the Nicole Fitzsimons Foundation present to our year 12's on the topic of travel safety and resilience. The style of her presentation is spot on for any young audience, as is it is interactive, engaging and informative. The one area that was covered that we felt benefited our target group the most was the area of resilience building.

Kate is an inspirational speaker that has a personal story to share that provide hints and tips for any age group and is living proof that one can move forward from adversity. I thoroughly recommend her services to any school and age group."

*- Pastoral Care Co-ordinator,
Holy Spirit College*



Kate Fitzsimons

Speaker

Certified Life Coach

Westpac's Top 100 Women
of Influence 2016