

Taryn Brumfitt

Thought Leader, Body Positive Activist, Author, Speaker, Filmmaker and Presenter

Taryn Brumfitt is an award-winning filmmaker, bestselling author and internationally sought-after keynote speaker. Recently named 2023 Australian of the Year, she is a fiercely passionate advocate for social change and her message has reached more than 200 million people around the world.

Taryn is the founder of the Body Image Movement, director of the inspiring documentaries EMBRACE and EMBRACE KIDS, and author of four books. Her global crusade to help people embrace their bodies has seen her recognised by UN Women, Amy Poehler’s Smart Girls and the Geena Davis Institute. Taryn has delivered more than 100 keynote addresses, and her talk at Google HQ in Silicon Valley was live-streamed to every Google office in the world.



In 2018, she was recognised in the Australian Financial Review 100 Women of Influence awards and received the SA Award for Excellence in Women’s Leadership from Women and Leadership Australia. She was also crowned EY Entrepreneur of the Year, South Australia, and has been named among GE’s highest-rated speakers.

With a powerful, universal message and unwavering commitment to her cause, Taryn Brumfitt is a true force to be reckoned with.

Taryn Brumfitt talks about:

TRANSFORMATIVE KEYNOTE: GET IT

Taryn shares seven powerful tools that transformed her self-doubt into unstoppable momentum. These actionable strategies inspire audiences to silence negative self-talk, build resilience, and break through the barriers holding them back. With heartfelt storytelling, humour, and practical wisdom, Taryn empowers audiences to dream big, push their limits, and achieve what truly matters.

Taryn’s leadership journey began with one bold question: “What if the only thing standing between you and everything you want is your decision to back yourself—and get it?”

Delivered with Taryn’s trademark blend of captivating storytelling, humour, and practical “how-to”

takeaways, Get It will leave audiences buzzing with enthusiasm and ready to take action.

This keynote is perfect for organisations looking to inspire and energise their teams—whether sales-focused, performance-driven, or purely motivational.

EMPOWER

Hundreds of millions of people saw Taryn Brumfitt’s unexpectedly viral Facebook post 10 years ago, but she saw something else: the chance to change lives.

Through masterful storytelling, the 2023 Australian of the Year shares how she seized the opportunity to turn this one candid moment into a game-changing global movement. Through a decade of hard work, determination, and plenty of polite persistence, Taryn has inspired millions of people around the world, changed countless lives, produced two award-winning documentaries, written five books and been recognised for her achievements by organisations as esteemed as UN Women. For Taryn, success filters down to one key thing — the mindset of empowerment.

With refreshing authenticity and her trademark sense of humour, Taryn takes you behind-the-scenes to see how she made it happen, delivering candid insights and actionable advice on how you can adopt the mindset of empowerment to achieve your goals — even if you have to break a few rules along the way.

Takeaways: Empowerment in action: How self-belief, grit and persistence trump luck — every time
How to apply the mindset of empowerment to strengthen leadership and cultivate resilience

EMBRACE YOUR BODY - EMBRACE YOUR LIFE

In this thought-provoking presentation, Taryn takes her audience on her deeply personal journey from hating her body to embracing it, sharing how this powerful mindset shift has allowed her to inspire millions of others to do the same.

Lauded globally for her leadership in the body image space, Taryn’s work has been recognised by organisations such as UN Women and has earned her a number of esteemed awards, including 2023 Australian of the Year. Here she invites you behind the scenes of the last decade to discover the highs and lows of leading a global movement that has reached more than 200 million people and changed countless lives around the world.

With a no-holds-barred approach and her trademark sense of humour, Taryn brings her audience face-to-face with some uncomfortable truths, guiding us to look inward so we can discover for ourselves what’s really important in life, before delivering her life-changing Embrace manifesto, full of practical, actionable advice that leaves every audience member empowered to ‘Embrace your body to embrace your life’.

Takeaways: How to master the Embrace mindset and start building a better relationship with your body
A practical ‘to do’ list of things you can do today to start your own Embrace journey
How to apply the Embrace mindset for greater joy in all areas of your life

EMBRACE KIDS

As parents, teachers and carers, we only want the best for our kids, but in this post COVID, digital era the practical question is — how?

In this powerful, eye-opening presentation, Taryn shines a light on the global epidemic of body shaming and self-hate that is plaguing ourselves and our children today. Drawing on a decade of experience on the front lines of fighting this serious global problem, and supported by the latest research from the world's leading body image experts, she backs it up with the hope, inspiration and practical advice all parents need to navigate the issue with confidence.

With her trademark optimism and determination, Taryn leaves her audience armed with the practical knowledge they need to lead by example, empowered to play their own part in building better body image for themselves, their kids and for the generations to come.

Takeaways: Clear, actionable steps to help the young people in your life to embrace their bodies
How to start our own Embrace journey so you can live by example
How to set boundaries in the social, family, community and digital environments to help protect your kids.

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[VIDEO OF SPEAKER](#) 