

Taryn Brumfitt

2023 Australian of the Year, Thought Leader, Body Positive Activist, Author, Speaker, Filmmaker & Presenter

Taryn Brumfitt is an award-winning filmmaker, bestselling author and internationally sought-after keynote speaker. Recently named the 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:

Taryn's personal body image journey - From body loathing to body building, going globally viral to filming *Embrace*, a documentary on body image that ended up taking the word by storm. Taryn talks about the trials and tribulations of her personal journey and how she managed to navigate the challenges along the way.

The World's Most Un-Motivational Motivational Talk - Focusing on the pressure we put on ourselves to conform to unrealistic expectations and achieve ridiculously high standards in life, love and career, Taryn lifts the veil of what's in the closet to help motivate audiences to never compare their behind-the-scenes with another's highlight reel.

Polite Persistence Wears Down Resistance - key messages and stories that feature gazillion

'A-ha' moments focusing on resilience, persistence, and never giving in even when the world says 'No'. From raising \$331,000 on Kickstarter to getting recognised by the United Nations, this is a talk about how "polite persistence wears down resistance" and the strategies to keep going when all you want to do is give up!

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