

# Kath Koschel

***Survivor, Founder of Kindness Factory, Keynote Speaker & 2025 NSW Australian of the Year***

A testament to the power of human spirit, Kath Koschel is a survivor who has overcome incredible odds and unimaginable tragedy to inspire ordinary people to do extraordinary things.



Kath Koschel is a former professional cricketer and Ironman competitor who's world came crashing down when she broke her back twice in the span of five years and was told that she would never walk again. Instead, she faced the challenges head-on and defied all medical prognosis by teaching herself to walk again on three separate occasions.

In the midst of these harrowing experiences, she believes she experienced two things in large amounts: adversity and kindness. After re learning to walk for the second time in her life, this realisation kickstarted a 2-month journey around Australia which relied solely on the kindness of strangers. No cash, credit card, food or water - and no help from family or friends!

Driven by a passion to spread gratitude and kindness in the world, she founded Kindness Factory™ with the goal of encouraging one million acts of kindness. To date, Kindness Factory has recorded over 7 million acts of kindness and is now a registered not-for-profit in three countries.

An internationally sought after speaker and author of *Kindness the book*, Kath has worked with some of the biggest and most well-known companies and brands in the world to help them achieve perspective, resilience, good culture and of course, kindness.

## ***Kath Koschel talks about:***

### **KEYNOTES:**

#### **MENTAL FITNESS**

What if we thought about mental health in the way that we thought about physical health? Just like physical fitness, mental fitness is pivotal to all human development; informing our performance and our mindset whilst also aiding our ability to connect with others effectively. Mental fitness underpins the foundation to a life well lived, in and out of the workplace.

In the Mental Health: Building and Sustaining Mental Fitness keynote, Kath unpacks what mental fitness means and how to effectively manage it with her mental health framework, backed by evidence-based strategies including:

- Self awareness as a foundation for growth and moving through to self- acceptance
- Growth through adversity and change - How to grow through what we go through
- Linking gratitude, humor and kindness to mental health and fitness
- How to cultivate community and conversation through connection and belonging
- How to build resilience, optimism and agility

## **WORKPLACE CULTURE**

Employee disconnection leads to lower productivity and lower rates of retention. Creating a workplace of belonging and kindness is proven to aid better mental health, as well as increasing profitability, productivity, high performance and retention. It's good for your people and good for your business.

### *KEY TAKEAWAYS:*

- Learn 4 ways to increase psychological safety in the workplace
- How to foster higher levels of psychological safety in your team.
- How to deepen trust and build high-value relationships with co-workers, customers, and clients.
- How to build an inclusive culture
- Bringing collaboration back post covid

## **CHANGE RESILIENCE**

Change is a reality for all and it comes at us in many ways. But be careful, history shows that only a small number of change strategies succeed. Your people will enable it, or obstruct it.

Kath will build a bespoke offering with key and actionable take aways for the audience to implement immediately to overcome resistance, manage the change process and land on key messages for your business.

### *KEY TAKEAWAYS:*

- Key steps to implementing change and how best to manage it
- Providing perspective to overcome resistance to the change process
- How to create and navigate opportunity in the change process
- How to bring choice to periods of change
- Adopting a resilience mindset in the face of change

## Client testimonials

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“ A rating of ‘Excellent’ just doesn’t cut it. Kath was beyond excellence, she was exemplary and inspiring. There was laughter, but also not a dry eye in the room. Kath’s story, along with her energy and self presence left us lost for words and wanting to run out and spread kindness.

- ***Northcott Early Childhood Early Intervention***

“ Outstanding presentation and powerful story. Exactly what we needed, Kath received a standing ovation.

- ***Sanitarium Health and Wellbeing***

“ Kath was amazing and such an inspiration. We were so lucky Kath was able to come and speak to us and share her amazing story.

- ***Westpac Financial Group***

“ Kath has amazing integrity about her when she speaks. She has a way of connecting with those she addresses and builds rapport with the most diverse audiences. I have seen Kath in various forums and she is always the one to inspire, encourage leadership and appeal to the kindness in all of us. I cannot recommend her enough.

- ***Manager Northcott***

“ Kath's presentation at our premier's dinner was incredibly moving and inspiring and left all those in attendance uplifted and in awe of her incredible strength. She is very relaxed and relatable. She was able to adapt and keep the audience engaged, event through a technical difficulty. She is simply remarkable.

- ***Event Manager Cricket NSW***

“ Kath is an amazing individual who has found the inner light and strength to push forward through tremendous adversity and difficult times. When she shares her personal story you notice that it has an impact on all those who hear it. Her story puts matters in to perspective as to what is really important and she brings light to the power of self-belief and determination. You cannot walk away without a shift in thinking; she challenges you to choose a different way to interpret the world. Kath is inspiring and we were all in awe of the person that she is.

- ***COO Endota Spa***

“ Kath came to our team when we needed it most. We needed inspiration and to realise our purpose as an organisation. Kath delivered on all fronts. She talked us through her journey to

kindness and inadvertently encouraged all staff to go above and beyond for all those we are surrounded by. The feedback received from staff was very positive with many leaving the conference that day with a renewed sense of gratitude and elevated level of motivation to be the best version of themselves. We cannot recommend her high enough!

**- Team Leader, Seek Employment**

“ Australia is proud of Kath. She is a remarkable person who possesses incredible courage and resilience.

**- Malcom Turnbull, Former Australian Prime Minister**

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[VIDEO OF SPEAKER](#) 