

# cat coluccio

Speak | Train | Inspire

Cat Coluccio is a qualified Educator, Personal Trainer and Life Coach with a passion to see people empowered to ROCK their lives both in and outside of the workplace.

A vibrant and dynamic international communicator, Cat delivers presentations that are both inspiring and full of practical take-aways that bring value long after she has left the stage.



*Helping you uplevel the wellbeing,  
productivity and performance  
of your greatest asset: YOU*

## TOPICS INCLUDE

### Reinvent your Wellbeing in the Workplace

- \* Understand how your mental, physical and relational wellbeing impacts on your performance and productivity in the workplace.*
- \* Discover how to cut through the noise and learn key action points that are easily implementable and will improve your wellbeing.*
- \* Take your own wellbeing check up and learn how to prioritise your application steps.*

### Mastering the Overwhelm

- \* Understand how your environment, your time management and your actions directly affect your productivity.*
- \* Learn practical techniques to help you create clarity, goals and boundaries around your time management.*
- \* Take inspired action to counter your procrastination and overwhelm once and for all.*

Cat can also create bespoke keynotes / presentations and interactive workshops according to your business's needs.

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*I can already see the change in me and Cat has challenged me to reach my full potential.*

*Brigid*

*I was privileged to hear Cat speak at a recent conference in California, and with just her opening line, my heart was moved.*

*She has the ability to speak directly to you, your thoughts, yes even in a crowded room of over 100 people. Sheela*

*Cat's knowledge of wellness, combined with her experiences shared as stories, engages her workshop participants authentically.*

*She strategically weaves personal and small group activities into the presentation allowing hands-on connection with concepts shared.*

*I recommend Cat as an engaging and value-added workshop presenter. Lorraine*



As seen on...



A transplanted Australian who has called New Zealand home for over 20 years, Cat has two adult children and lives with her husband in Auckland along with far too many cats and chickens.

She shares stories from her experiences of working as a high performing lecturer, music director and musician, including her journey through burn out to eventual reinvention at midlife as a personal trainer, life and productivity coach.

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