

# cat coluccio

Speak | Train | Inspire



**Cat Coluccio** is a qualified Educator, Personal Trainer and Life Coach with a passion to see women empowered to confidently create lives that are fulfilling and On-purpose, building a legacy that impacts their families and communities.

A vibrant and dynamic international communicator, and the author of the **21 Hacks to ROCK your Life!** series, Cat delivers presentations that are both inspiring and full of practical take-aways that bring value long after she has left the stage.

A seasoned performer with years of experience as a professional musician, she is equally at home in front of a large women's event, a conference for men and women, a workplace workshop or a virtual summit. She often brings a unique touch to her presentations with the inclusion of a musical performance on her saxophone.

Cat creates bespoke keynotes, breakout sessions and workshops that are engaging and interactive, and is known for her warm communication style. Audiences are always left with practical action steps or hacks that they are encouraged to implement in order to bring about transformation.

***As well, Cat is an experienced and professional MC, able to host live and virtual events.***

## **Presentation topics include:**

- **Grow your Business by Building an Online Community**
- **Rock your Wellbeing, Rock your Business!**
- **Are you Living your Life in 3D?**
- **Are you the Leading Lady of your own life?**

## **Affiliations**



***"Cat Coluccio is an inspiration to Midlife women, encouraging them to be their best self. She spoke at an event I hosted and her strength lies in her courage to be vulnerable. She has a powerful voice that resonates with the Midlife woman looking to rock her life."***

*~ Catherine G.  
CEO - Forever Fierce Media LA*

***"A very down-to-earth lifestyle and well-being speaker. Cat provided NZCB with two fabulous presentations over 2 days. She was fantastic and a perfect fit for our event. She had such great integrity, energy and passion."***

***She really inspired our audience and has rated well in the feedback. Feedback included 'I really enjoyed Cat Coluccio. Some excellent knowledge 'takeaways'."***

*~ Karla Farrar  
Event Manager - NZCB*

## Topics Include



*"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 T  
Director - Be Brand You*

As seen on...



**As an MC or as a speaker, Cat brings warmth, humour and professionalism to every event.**

Cat shares stories from her experiences of working as a high performing lecturer, music director and professional musician, including her journey through burn out to eventual reinvention at midlife to become a personal trainer, life coach and author. She now influences literally thousands of lives across the world via her social media following, her podcast, **Rocking Midlife™** and her online communities

**Cat looks forward to speaking at your live or virtual event, conference or workshop.**



Email: [cat@catcoluccio.com](mailto:cat@catcoluccio.com) PH: 021 388744  
[www.catherinecspeaks.com](http://www.catherinecspeaks.com)



@catcoluccio