

THE SELF-RESPECT REVOLUTION™

# Dr Katherine Iscoe

Redefining how we live, love and lead through the  
empowering lens of *self-respect*.



DR KATHERINE ISCOE - KEYNOTE SPEAKER



# 60%

## WISHED THEY HAD MORE RESPECT FOR THEMSELVES.

According to a recent survey of 22,000 people spanning 21 countries, 60% of respondents wished they had more respect for themselves.

But what is self-respect?

Based on my research, it's simply knowing that you are important. And when you feel this - truly - you extend the same grace to others. You start looking differently at the person sitting next to you on the bus, the colleague that always seems to have a bad day, or the family member who always seems to disagree with anything you have to say.

Self-Love Index, a survey of over 22,000 people across 21 countries conducted by The Body Shop in 2020.

You start looking at people for who they are, not who you think they are.

That's what a revolution is all about. It's defined as a dramatic and wide-reaching change in conditions.

When I think about the world today and the world we're building for the next generation, and how much disrespect we show to each other because of the pain and shame we all feel, it's time, now more than ever, for that dramatic and wide-reaching change in conditions.

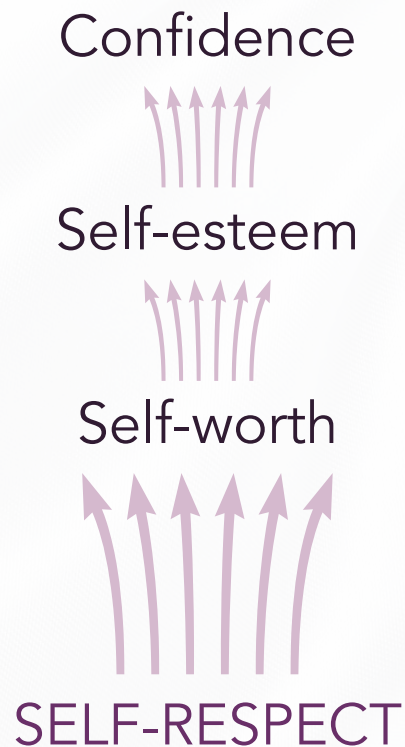
And that's what the Self-Respect Revolution is all about, changing the relationship we have with ourselves and others so we can build a world where self-respect is prioritised, and is nurtured, valued, and celebrated.

A world where everyone knows they are important.



# 3 reasons to talk about self-respect

(vs self-esteem & confidence)



When it comes to personal and professional development, part of the problem is that discussions focus only on self-worth, self-esteem and confidence. While these are critical ingredients to feel whole and of value, self-respect, based on my research\*, is the foundation that keeps them healthy and strong (much like a foundation supports a home).

In a world where disrespecting others because of our internal lack of it, now more than ever is the time to educate and inspire audiences with the untapped benefits of self-respect.

- 1 Unique perspective that disrupts the 'predictable conversation' around confidence, self-esteem and self-worth.
- 2 The ability to set boundaries, prioritise self-care and remove dependency on external validation is heavily influenced by one's self-respect, yet a survey of over 160 people showed that these were the three weakest areas out of nine categories.
- 3 Productivity, psychological safety and a culture of inclusion are significantly improved when people have healthy levels of self-respect.

\* Iscoe, K.E., (2023) A Paradigm Shift in Understanding Self-Respect: Exploring Contemporary Perspectives. Manuscript in Preparation.

# Keynotes

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## The Self-Respect Revolution:

Redefining how we live, love and lead

In the pursuit of personal and professional growth, self-esteem, self-worth and confidence are most often highlighted, but the critical ingredient of self-respect is often overlooked and neglected.

Drawing on my latest research, science and storytelling, this enlightening talk explores the intrinsic link between self-respect and self-leadership, and the power (healthy) self-respect plays in shaping who we are, the decisions we make and the lives we choose to lead.

It's about changing the relationship we have with ourselves and others so we can build a world where self-respect is prioritised, and is nurtured, valued, and celebrated.

## A Life Without Self-Respect:

Redefining how we live, love and lead

This motivational-style talk reveals the contrast between external perception and inner reality. On the outside, I was a high-achieving academic, CEO and summa cum laude graduate with multiple scholarship and awards yet my perceived public success masked my private struggles with severe depression and a debilitating eating disorder that lasted over two decades.

Through a powerful story-telling mix of humour and vulnerability, I share my mind's battle with self-doubt, self-destruction and thoughts of suicide and reveal the actions I took during my journey of redemption.

These experiences were the fuel to my latest research which provided a powerful realisation: at the core of my struggle for inner-peace was a profound lack of self-respect.



# Keynotes

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## Unmasking the Imposter Illusion:

A high-achiever's guide to living life imperfectly

Through the empowering lens of self-respect, this talk provides a roadmap for conquering the fear of exposure, unrelenting high-standards and paralysing perfectionism that high-achievers experience as the Imposter Phenomenon.

From going bankrupt at only 23yo for \$250,000 to feeling like an imposter as the CEO of a dually-listed tech company, I share relatable and humour-filled stories that are a stark reminder that most of what you see in life (and social media) is just smoke and mirrors - nobody has life figured out perfectly.

But with self-respect, you realise that the only opinion that truly matters is the one you have of yourself.

## The Burn Out Trinity:

F\*&k, Fear & The Facade

This relatable and thought-provoking talk sheds light on the growing issue of burnout, but more importantly what it *\*really\** feels like for leadership positions held by highly intelligent and resourceful women.

I share raw stories that depict the real emotional toll of running a race against yourself with no finish line, and why 'rest and relaxation' approaches can do more damage than good.

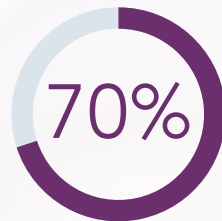
Drawing on my extensive research, I reveal why self-respect preserves well-being without compromising drive and determination, and why embracing a bit of healthy selfishness not only moulds better, more effective leaders but also happier and more productive mindsets.

# Women, Work & Well-Being

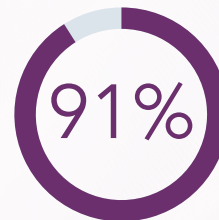
Forward-thinking organisations are reimagining outdated work models by normalising conversations about mental health due to the rising pressures leaders face post-pandemic. With more help needed than ever before, leaders require continuous education so they are equipped with the tools and resources they need to support their own mental well-being, and also so they are confident when supporting the health and wellness of their teams.

## Doing more with less is stressful

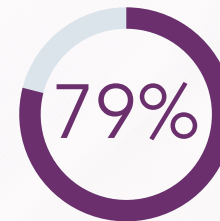
70% attribute higher stress in the workplace to increased workloads and expectations.



## Overwhelmed by stress



91% of executive women perceive an exponential surge of stress in the workplace compared with pre-pandemic levels.

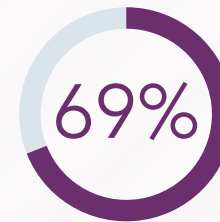


## Making time for self-care matters

79% prioritise wellness by scheduling time for self-care, setting boundaries, focusing on healthy habits, connecting with others and seeking support.

## Caring for others takes a toll

58% have added responsibilities stemming from the need to help manage their teams' mental health and wellness on top of their own.

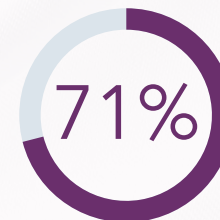
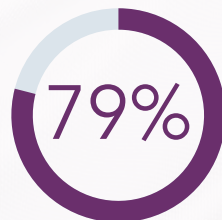


## Making time isn't easy

69% make sacrifices to make time for wellness due to demanding schedules and full calendars.

## Wellness contributes to success

79% believe wellness has become increasingly critical to their job success over the past couple of years.



## More support is needed

71% say organisations need to do more to support leaders who are responsible for their employees' mental health and well-being while managing their own.



# Booking details

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## Travels from

Perth, Australia. Keynotes can also be delivered from a world class virtual studio feed.

## Travel arrangements

My team manages all travel and logistics to save you time and hassle.

## Keynote fees

All engagements are quoted individually and start from \$5000 (inc tax). After a chat, you will be provided a customised proposal including speaker fees and travel expenses.

## Pre-event process

I am happy to help promote your event, including the production of a teaser video to go out to your delegates.

## Post-event

Myself and your chosen team representative will engage in a comprehensive debriefing session. During this interaction, I can share a resource package designed to further enhance the learning experience for your delegates.



hello@drkatherine.com

# About Katherine

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Dr Katherine Iscoe is a keynote speaker, author, board member, former CEO of a dual-listed public company, academic mentor and summa cum laude graduate with multiple scholarships and awards.

Despite these achievements and perceived public success, Katherine's mental health was teetering on collapse; she endured a debilitating eating disorder for over a decade, and persevered through severe depression and thoughts of suicide.

It is precisely these deeply personal experiences that have shaped Katherine's latest research focus: the inseparable connection between self-respect and self-leadership, because at the core of her struggle for inner peace, it was a lack of self-respect that influenced her self-destructive tendencies.

Her research revealed that self-respect enables a leader to push the limits of their potential by recognising their inherent worth and significance, enabling them to embrace calculated risks and step out of their comfort zones fostering a deep belief in their ability to make a meaningful impact. Self-respecting leaders also communicate with more confidence, exhibit greater resilience, live free of imposter syndrome, and wholeheartedly embrace a growth mindset.

Alongside her professional escapades, Dr Katherine is a dog-obsessed, murder-documentary loving nerd, who uses sewing as therapy and shoes as her healthy addiction.



# 6 (biased but true) reasons to book me

## 1 HIGH-IMPACT EXPERIENCES

For over 18 years, I have collaborated with leading organisations to craft leadership development experiences, including; Commonwealth Bank, Chevron, Michael Page, Griffin, Ferrari, Chevron, BHP Billiton, United Nations Association, Corporate Traveller and Medtronic.

## 2 GLOBAL STAGES

I'm proud the outstanding reviews I receive. I've delivered impactful keynotes on global stages including The Women in Technology annual conference, Future Female Leaders and International Women's Day hosted by Ferrari. I am regularly invited to speak at The University of Western Australia's graduate events including delivering the 2018 convocation speech.

I HAVE LOVED WORKING WITH:





### 3 RESEARCH-BACKED

Specialising in the unique connection between self-respect and self-leadership, my latest research and signature keynote – The Self-Respect Revolution™ – explores the pivotal role self-respect plays in shaping who we are, the decisions we make and the lives we choose to lead.

### 4 ACADEMIC

My approach is backed by over 13 years of academic study including a Bachelor of Arts in Health Sciences (graduating Summa Cum Laude), a Master of Science in Exercise Physiology and Health Sciences (on a fully paid scholarship) and a Doctorate in Exercise Physiology and Biotechnology (on a fully paid scholarship). Furthermore, I completed a Postgraduate in Counselling.

### 5 UNIQUE BACKGROUND

I have 20 years of experience in the health and wellness space includes the role of CEO of the technology company MyFiziq Ltd, of which I co-founded. As part of a dedicated team, I contributed to raising \$8 million, securing underwriting to support the Initial Public Offering. As a result, MyFiziq went public in just eight weeks.

### 6 CONTENT THAT RESONATES

It's a privilege to be a media commentator. I have been featured in major publications, podcasts, TV shows and radio, including Vogue, Mamamia, The Sunday Times, The Australian, Studio 10, Good Morning Australia and Sunrise.





Our audience loved it!

MICHELLE MAYNARD, CA, CTA  
Partner, Carbon Group

We were so blessed to have  
Dr Kat at our event!

LAUREN CALVIN  
Co-Director, Women's Fitness Academy

Katherine was our conference's top  
rated speaker!

MICHELLE KEARNEY, DIRECTOR  
Cosmedicon Conference

We were lucky enough to get Dr  
Katherine along as our guest speaker  
... she was a real hit!

BRENDON LAYERS  
WA Manager and Business Development Corporate  
Traveller

Your speech was warm, funny, relatable, personal – all the things we asked from  
you and more.

BRENDA TOURNIER  
Director, University Advancement, University of Western Australia

Kat is one of the rare people I know who has the gift of delighting and inspiring  
others with her energy and authenticity.

DR SANDY CHONG  
President, United Nations Association, Chair, Director Verity Consulting Group & Adjunct professor

Dr K's talk was powerful and insightful.

DUC PHAM  
Director, Perth Business Network

We all need a dose of Katherine in our  
lives.

REBECCA JOHNSON  
CEO, Type 1 Diabetes Family Centre

Katherine's authenticity resonates with  
every audience!

JOSH VAN KAMPDEN  
Alumni Relations Officer, University of Western Australia

I would thoroughly recommend her as a  
keynote speaker!

MARION FULKER  
Former Chief Executive Officer of Committee of Perth, Adjunct  
Assoc Professor & Board Member



# Watch my Speaker's Reel

[WATCH IT NOW](#)







# — Let's create an inspiring experience for your audience

Learn more on how we can work together or request a proposal.

SCHEDULE TIME WITH ME

