



# Dr Katherine Iscoe

I'm a keynote speaker, researcher  
and media commentator specialising  
in the unique connection between  
*self-respect* and self-leadership.

# At a glance

- 13 years of academic study
- 20 years of experience in health & wellness industry
- Slave to 2 pet chihuahuas Eszie & Eddie

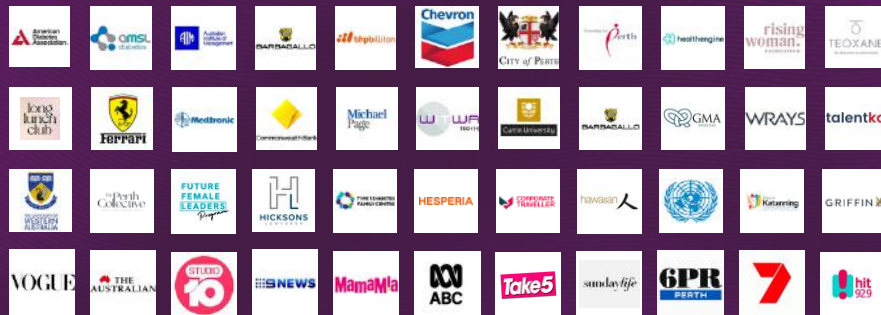
# Key Audience

- Unfulfilled high-achievers
- 90% female
- 30-50 years old

# Socials

- 25K Social Media Followers
- 13% Instagram average growth rate monthly
- 59% top engagement rate

# Media & Clients



[DRKATHERINE.COM](http://DRKATHERINE.COM) | [@DR\\_KATHERINE](https://twitter.com/DR_KATHERINE)



# 60%

## WISHED THEY HAD MORE RESPECT FOR THEMSELVES.

### WHY TALK ABOUT SELF-RESPECT?

- Unique perspective that disrupts the 'predictable conversation' around confidence, self-esteem and self-worth.
- Be on the leading edge of a new concept for personal and professional development.
- The ability to set boundaries, prioritise self-care and remove dependency on external validation is heavily influenced by self-respect, not confidence or self-esteem.

A recent survey<sup>1</sup> of 22,000 people spanning 21 countries found 60% of respondents wished they had more respect for themselves, highlighting the urgency of exploring this topic.

Yet... when's the last time you heard someone speaking about self-respect?

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 Katherine's research<sup>2</sup>, is the glue that keeps them all together.

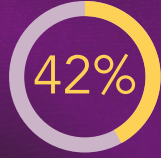
In a world where disrespecting others because of our internal lack of it, now more than ever is the time to educate and inspire audiences with the untapped benefits of self-respect.

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

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



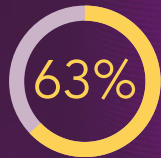
**FEEL GUILTY PUTTING  
THEMSELVES FIRST**



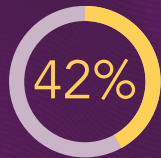
**COMPROMISE THEIR  
VALUES TO PLEASE OTHERS**



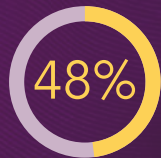
**FIND IT HARD TO VOICE  
THEIR OPINION**



**WISHED THEY HAD MORE  
RESPECT FOR THEMSELVES**



**COMPARE THEMSELVES  
TO OTHERS**



**FEEL THEY ARE TAKEN  
ADVANTAGE OF**



**DON'T HAVE BOUNDARIES  
FOR THEIR WELLBEING**



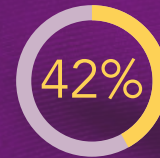
**DON'T BELIEVE A  
COMPLIMENT**



**ARE ASHAMED OF  
THEIR PAST**



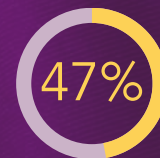
**DON'T THINK PEOPLE WOULD  
LIKE THE 'REAL' THEM**



**FEEL SAD ABOUT THE WAY  
THEIR LIFE IS GOING**



**NEGLECT THEIR OWN NEEDS  
TO PRIORITISE OTHERS**



**ARE UNKIND TO THEMSELVES  
DURING A ROUGH TIME**



**DO NOT ACCEPT THEMSELVES  
UNCONDITIONALLY**

# Katherine's Story

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 hid a debilitating eating disorder for over two decades, 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 latest research reveals 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 break barriers, 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.

**FOR THE FULL STORY, HEAD TO [DRKATHERINE.COM/ABOUT](https://www.drkatherine.com/about)**



# 6 Reasons to Book Me

(Biased but true)

---

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

# Talking Topics

---

## HOW TO BUILD AND PROTECT YOUR SELF-RESPECT

Exploring the power (healthy) self-respect plays in shaping how we see ourselves, interact with others and make important life decisions.

- Selfcare
- Boundaries
- Fear of criticism
- Self-acceptance

## WHAT BURNOUT \*REALLY\* FEELS LIKE FOR HIGH-ACHIEVERS

Sharing what high-achieving people \*really\* go through during burnout and why we should care.

- Rage, fear and dismissal
- People pleasing
- Healthy selfishness
- Time anxiety

## THE IMPOSTER ILLUSION, OVER-ACHIEVING & PERFECTIONISM

Discussing the mind of a over-achieving perfectionist and why 'imposter syndrome" isn't what it sounds like.

- Success paranoia
- Competence vs confidence
- Fear of judgement & failure
- Healthy perfectionism

# Booking details

## **PRE-RECORDING**

Katherine wants your podcast to shine and is always happy to do a pre-recording call to understand the needs and wants of your audience so she can tailor her answers accordingly.

## **PROMOTION ASSISTANCE**

Katherine is more than happy to share 'snippets' of the audio or video recording to help drive listeners to your platform.

## **REMOTE SOUND & VISUAL**

Katherine will use professional-grade microphones to ensure your sound is crisp with minimal background noise. If video is required, a high-quality set up with proper lighting and a clean background is easily set up.





The feedback was phenomenal. Katherine brings with her not only a wealth of knowledge and experience, but she shares it with her audience in an engaging, captivating manner through impressive storytelling and the perfect amount of humour. The feedback we received from attendees following the event was phenomenal.

**Claire Seeber – Co-founder - Future Female Leaders Program**

She captivated the room. Katherine spoke at our business event to a crowd of over 100 influential business women. She captivated the room with her raw and inspiring story. It is rare to have a speaker that engages the whole room to the degree she did. We look forward to working again with Katherine in the future.

**Nikki Milne – Director – The Perth Collective PR**

A true change-maker. Dr Katherine is a true changemaker: a compelling storyteller with a vision for a more confident, connected community. She strikes the perfect balance between meticulously researched, evidence-based advice and unicorn farts, delivering her important message with intelligence, compassion and humour. We all need a dose of Katherine in our lives.

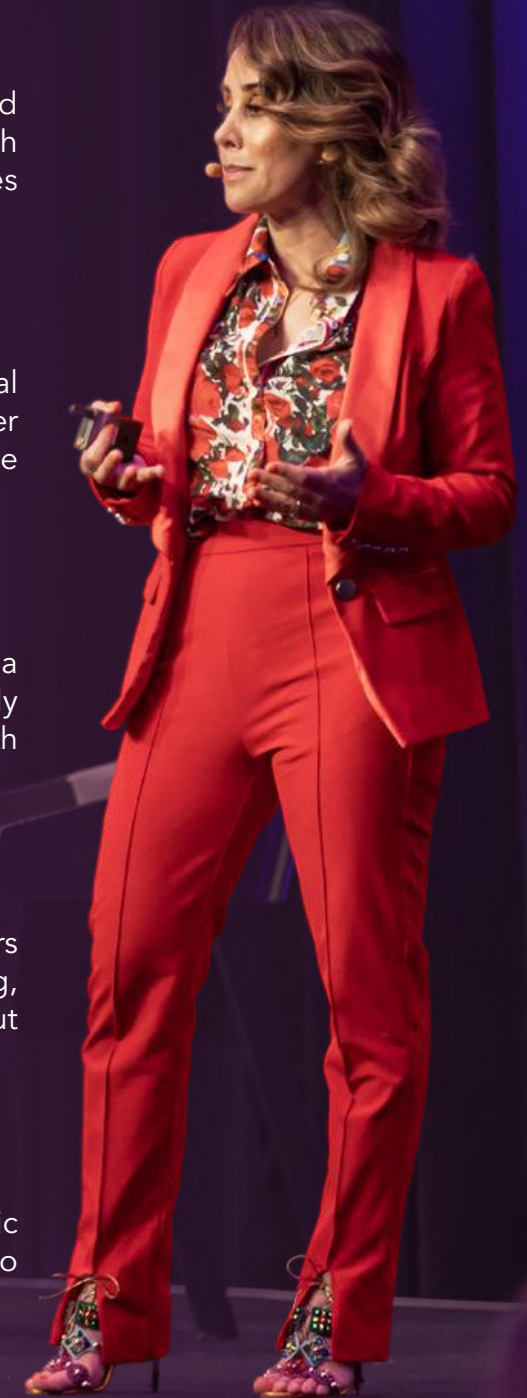
**Rebecca Johnson – CEO – Type 1 Diabetes Family Centre**

Needs to be heard all over the world. The powerful and moving message that Dr Katherine delivers during her talks is imperative for all women and should be heard all over the world. She is a moving, funny and compassionate speaker who has not only provided an important message to our guests but has impacted all the women that have attended our group.

**Beauty Inside & Out – Body Love and Mastery Event**

Resonating. Katherine's authenticity resonates with every audience, giving insight into her academic journey, business success (and failures), giving the perfect amount of instruction and engagement to the audience. I would recommend her to any group!

**Josh Van Kampden – Alumni Relations Officer – University of Western Australia**





Let's create  
an inspiring  
experience  
for your  
audience

[hello@drkatherine.com](mailto:hello@drkatherine.com)

