



Creating peace in the mind of a high-achieving people pleaser: WHY THE REAL PROBLEM ISN'T REPRESSING OUR EGO, IT'S BUILDING IT.

High-achieving people pleasers (HAPP) struggle with two primary issues: (1) the constant worry of not being liked and (2) the fear of getting to 'the end' having never achieved their unspoken, secret dreams.

As a result, they live on the edge of burnout, exhausted and drained by the annoying voice in their head that forces them to always be 'on'.

Despite the barriers we all know exist, the real problem of creating peaceful minds is thinking the answer is being more 'confident' or building 'self-esteem'. While these factors are important, they ignore a HAPP's core issue: their fear that displaying more confidence and self-esteem will make them come across as a self-centered, conceited and arrogant narcissist.

So how can a HAPP maintain a healthy inner drive to be successful and remain the kind person they're known to be, but not sacrifice their dignity for their personal and professional destiny? In this keynote address I share my latest findings on the benefits of healthy self-respect for a HAPP, and why the real problem isn't repressing our ego, it's building it.

Marion Fulkner

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

Dr Katherine delivered an impactful virtual presentation to our women in leadership group. She uses a lived-experience approach coupled with facts and figures to explore the world and our role in it. I would thoroughly recommend her as a keynote speaker.

Duc Pham

Director, Perth Business Network

Dr K spoke at a Boardroom Seminar facilitated by Perth Business Network for business leaders. The tickets for this event sold out in record time.

Claire Seeber

Co-Founder Future Female Leaders Program

All I can say is - WOW! Katherine brings with her not only a wealth of knowledge and experience, but she shares it all with her audience in an engaging, captivating manner through impressive storytelling and the perfect amount of humour.

Let's create an inspiring experience for your audience.
Contact: hello@drkatherine.com

Dr. Katherine
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THE SELF-RESPECT REVOLUTION™

Dr Katherine Iscoe

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

About Dr. Katherine Iscoe

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.

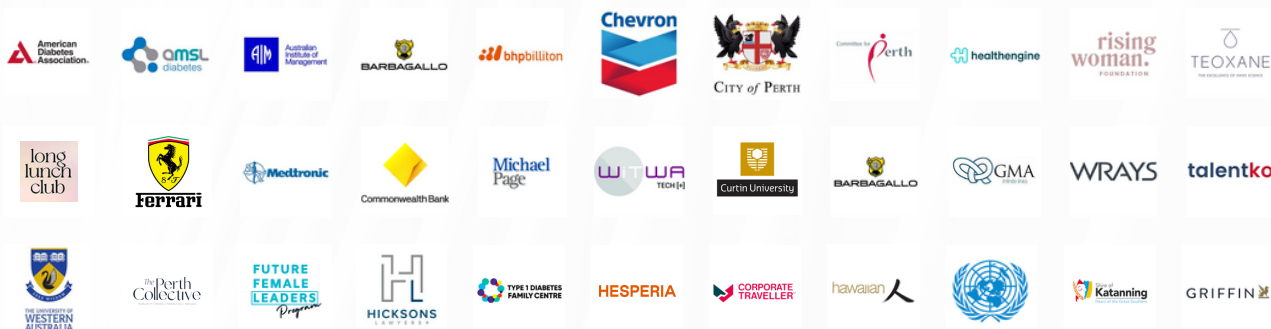
Despite these achievements and perceived public success, Katherine's mental health was teetering on collapse; she endured a debilitating eating disorder for over a decade, and persevered through severe depression and thoughts of suicide.

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.

KATHERINE HAS LOVED WORKING WITH:



Dr. Katherine
WWW.DRKATHERINE.COM

[Watch my Speaker's Reel](#)