

THE SELF-RESPECT REVOLUTION[®]

Dr Katherine Iscoe

Redefining how **high-achieving people-pleasers[™]** 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.

Why my talks on self-respect are different (vs self-esteem, confidence, mindset & wellness)

Persons who identify as a high-achieving people-pleaser[™] (HAPP) approach living their lives, their relationships and leadership roles with a very unique perspective.

This is why mainstream talks on (for example) wellness, stress relief and mindset have little to no effect.

For example, telling a HAPP to 'take a day off' provokes anxiety - doing more damage than good.

Teaching them to be 'confident' when making important decisions does not tackle the underlying fear of coming across as arrogant.

Burnout for them isn't about exhaustion, it's about anger and fear.

Having navigated these challenges in my own life, I bring a personal touch to the experience, offering relatable anecdotes and real-world strategies through my research on self-respect.

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



Keynotes

The Self-Respect Revolution:[®]

Creating peace in the mind of a high-achieving people pleaser[™]

A high-achieving people-pleaser[™] (HAPP) is someone who constantly strives for greater levels of personal and professional growth while being conscious of how they impact those around them. This characteristic trait can therefore be an advantage, especially for women in leadership positions who want to do more and be more for those they inspire.

But, without a unique understanding of self and how to manage these traits, the downsides of being a HAPP can be destructive: (1) the desire to achieve is replaced with a constant fear of never being (or achieving) enough while (2) being emotionally aware turns into pleasing and appeasing.

Yet from the outside, no one would ever guess that a HAPP is living on the edge of burnout, exhausted and drained by the relentless voice in their head that forces them to always be 'on'. This is wasted energy that could be better utilised.

Despite the barriers we all know exist, the real problem of creating peaceful minds in a HAPP is thinking standard 'fixes' like taking a day off or saying 'self-love' mantras will work. In fact, these can do more damage than good because they ignore a HAPP's core issue: their fear of being perceived as lazy, self-centered and conceited.

So how can a HAPP maintain a healthy inner drive while remaining the kind and inspirational leader 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 HAPPs, and the unique approaches needed to create inner peace in the minds of these extraordinary women.



Keynotes continued

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.

What Burnout Really Feels like:

F*&k, Fear & The Facade

This relatable and thought-provoking talk sheds light on the true experience of burnout for women who identify as high-achieving people-pleasers.

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.

Masterclasses

All masterclasses are grounded in helping individuals build healthier levels of self-respect so they can live, love and lead at new heights.

Each individual Masterclass runs for a half-day. A longterm program is also available that runs for a minimum of 8 weeks. Group coaching available.

Self-Acceptance

We can't accept what we don't understand. Breaking through our conscious to resolve hidden barriers.

Self-Care

Understanding why self-care isn't working, why, and what it really means.

Self-Authorship

Understanding why we make the choices we do, and how we can make better choices.

Your Story

For individuals who have completed the previous 3 pillars, this masterclass helps individuals rebuild their story, and their future.

Booking details

A woman with long brown hair, wearing a bright red blazer over a colorful patterned scarf, is shown in profile from the waist up. She is speaking into a small lapel microphone and gesturing with her hands. The background is a solid purple color.

Travels from

Perth, Australia*. For large scale conferences, keynotes can 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 but as a general guide, base fees start at \$3000. 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

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!

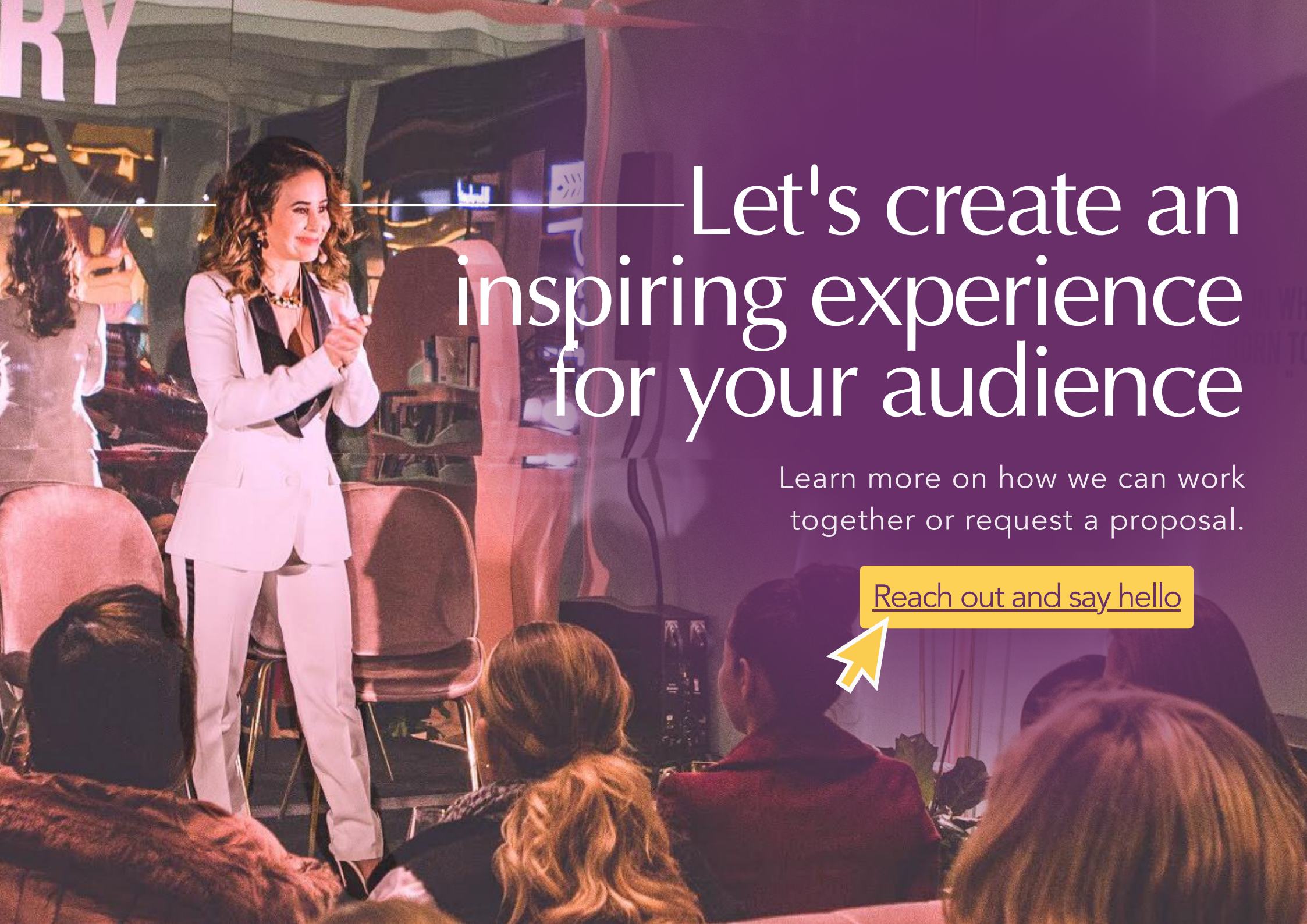
MARION FULKER
Former Chief Executive Officer of Committee of Perth, Adjunct
Assoc Professor & Board Member



Watch my Speaker's Reel

[WATCH IT NOW](#)





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