



ONLINE | INTERACTIVE TALKS | 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 persons 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 my latest 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 leaders.

Takeaways

1. Understand the mindset and behaviours of the high-achieving people pleaser that lives in all of us.
2. Understand why conventional approaches like self-love and self-care don't work (and actually make us cringe).
3. Learn how to remain the 'nice, ambitious person' you're known to be without your inner critic spoiling the moment.

All engagements are quoted individually but as a general guide, base fees start at \$3000.

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

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