

Kath Koschel

Founder, Kindness Factory; Resilience Expert

A testament to the power of human spirit, Kath Koschel is a survivor who has overcome incredible odds and unimaginable tragedy to inspire ordinary people to do extraordinary things. Koschel is a former professional cricketer and Ironman competitor whose world came crashing down when she broke her back twice in the span of five years and was told that she would never walk again. Instead, she faced the challenges head-on and defied all medical prognosis by teaching herself to walk again on three separate occasions. In the midst of these harrowing experiences, she believes she experienced two things in large amounts: adversity and kindness. After relearning to walk for the second time in her life, this realisation kickstarted a 2-month journey around Australia which relied solely on the kindness of strangers. No cash, credit card food or water – and no help from family or friends!

Driven by a passion to spread gratitude and kindness in the world, she founded Kindness Factory™ with the goal of encouraging one million acts of kindness. To date, Kindness Factory has recorded over 7 million acts of kindness and is now a registered not-for-profit in three countries.

An internationally sought after speaker and author of Kindness the book, Kath has worked with some of the biggest and most well-known companies and brands in the world to help them achieve perspective, resilience, good culture and of course, kindness.
