Kath Koschel

Resilience Expert & Founder and Managing Director of Kind Group

Leading Through Change: Grit, Grace, and Getting on with It. We don't always choose it, but how you show up in the face of change defines everything. With a story that redefines resilience, Kath brings a fresh perspective on navigating uncertainty, leading with empathy, and turning challenges into catalysts for growth. Change is about stepping up, staying grounded, and helping your team do the same when everything's shifting around them. Kath shares her extraordinary story of navigating life-altering setbacks—including multiple spinal injuries and the loss of loved ones—to illuminate how individuals and organizations can thrive amidst disruption. Kath's keynote offers practical strategies to embrace uncertainty, reframe obstacles, and build a mindset that sees change not as a threat, but as an opportunity for reinvention and growth. In this no-nonsense, deeply human keynote, Kath will help you find strength in the struggle, and you'll even have a laugh along the way.

Building a Culture of Kindness: The Foundation for High-Performing Teams. Forget the corporate jargon and create a company culture that actually shows up and cares. Kath gets real about what makes a team tick. Spoiler: it's not beanbags and buzzwords. It's kindness, grit, and genuine human connection. Drawing from her evidenced based work with Kind Group, working with some of the world's biggest brands such as LinkedIn, Google, Home Depot, Microsoft and AT&T, she'll show you how a culture built on respect, decency and kindness fosters humanity at the workplace and drives productivity. Through powerful personal stories and actionable insights, she explores how to build engagement, trust, and innovation—helping leaders shape cultures where people feel valued, motivated, and aligned.

Unbreakable: The Power of the Human Spirit. Kath's story is one that'll hit you right in the heart and then have you standing on your feet ready to take on the world. From hospital wards to breaking world records, she proves that when life throws the book at you, you write a better one. With raw honesty, Aussie humor, and a whole lot of heart, Kath reminds us what we're really made of and why hope, purpose, and sheer determination can get us through anything. In this moving keynote, she speaks to the unshakable power of purpose, mindset, hope, and belief. Kath ignites audiences to overcome their own limitations, lead with heart, and approach life and work with renewed energy and intention.