



[www.nlpcoachkiara.com](http://www.nlpcoachkiara.com)

*Kiara Reddingius*

OLYMPIAN, MOTIVATIONAL SPEAKER  
& MINDSET COACH

MEDIA KIT

# About Kiara

OLYMPIAN, MOTIVATIONAL SPEAKER & MINDSET COACH

Kiara is a dynamic NLP practitioner, Mindset Coach, and Winter Olympian based in Queensland, Australia. Her journey from a tiny regional desert town in Western Australia to competing on the world stage in a Winter Sport has fueled her passion for personal growth and mindset mastery. With qualifications in Biology, Mathematics, Secondary teaching, Agile Project Management, and Modern Psychology, Kiara brings a unique blend of expertise to her coaching practice. As an Olympian, Kiara understands the dedication, discipline, and resilience required for high achievement. Her coaching approach combines cutting-edge NLP techniques, modern neuroscience, and structured coaching to help individuals overcome limiting beliefs, boost confidence, and achieve their goals. Kiara is on a mission to inspire others to break free from self-imposed limitations and unlock their full potential. Through personalized 1:1 coaching sessions, she empowers clients to create meaningful change, cultivate a peak performance mindset, and lead fulfilling lives.



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# Public Speaking

& PODCAST GUEST



Kiara's journey from the remote desert of Western Australia to the highest level of Winter Sport provides a captivating backdrop to her public speaking and podcast guest capabilities. As an Olympian, current athlete, NLP practitioner and mindset coach, she brings a wealth of firsthand experiences and insights into overcoming obstacles, embracing change, and achieving peak performance.

Her story of resilience, determination, and personal growth resonates deeply with audiences, making her a compelling speaker on topics such as mindset mastery, goal achievement, and navigating life's challenges with grace and tenacity. Whether on stage or behind the mic, Kiara's ability to blend her unique background with actionable strategies leaves a lasting impact on her listeners, inspiring them to unleash their full potential and reach new heights of success.

## TOPICS

### **The Mindset of High Performers**

Lessons from an Olympian

### **Building Resilience**

How to bounce back stronger after setbacks

### **Overcoming Self Sabotage**

Understanding beliefs and values

### **Neuroplasticity and Success**

Rewiring Your Brain for Achievement

### **Goal Setting for Success**

Creating a Clear Path to Your Dreams



**Want Kiara to speak about something different?**

Kiara loves variety, and is up for any customised challenge!

## Client Testimonials

“

I was extremely happy with the work I did with Kiara. I'm an elite athlete that is always looking to better myself and improve on my mindset to maximize my performance. We did some fantastic work with helped me reprogram old thoughts and beliefs and helped me realise things I didn't even know about myself. All this work I've done with Kiara has been a big part of helping me achieve my most successful season yet. I would highly recommend working with Kiara and will definitely continue to work with her in the future

*Bree*

“

Working with Kiara has been the most practical and effective thing I have ever done in the 'self improvement space.' In three sessions I have changed my long held perfectionist mindset that I have been trying to shake for years, created safer and stronger barriers for my overly empathetic brain plus Kiara was able to help create some space and take the sting out of a painful family relationship. While I still find NLP hard to explain: when I do it sounds like Jedi mind tricks- it's more cost effective, satisfying and I have better results than any councillor or psychologist I've ever seen. I can't stop recommending her to people!

*Angie*

“

I recently had the opportunity to hear Kiara as a speaker of a women's Leadership Forum. Hearing her journey in Elite Sport, the trials, tenacity and strength – both physically and mentally to achieve competing in the Olympics was incredibly inspirational.

I have always understood that to achieve such heights in your chosen industry you must trust the process and put in the hard work but it was her challenge to "Unlimit yourself" mentally that was a huge lightbulb moment for me.

Kiara is a phenomenal athlete and she brings the same dedication and passion to her speaking.

Thankyou Kiara for sharing your journey... it is life changing and truly inspirational to all walks of life.

*Julianne*



## SERVICES

- ✓ NLP (Neurolinguistic Programming)
- ✓ 1:1 Mindset Success Coaching
- ✓ Podcast Guest
- ✓ Public Speaking
- ✓ Online Programs



## WANT TO CHAT?

Ready to level up? Drop me an email and arrange a call!

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*Kiara*