

Kathryn ORFORD



BIO

Australian born and bred, Kathryn Orford, is all about helping you and your team achieve greatness. Kathryn regularly assists teams and individuals to catapult themselves from mediocrity to extraordinary.

Through presentations, workshops and exceptional performance sessions Kathryn successfully equips her clients with the essential skills, beliefs, behaviors and positive mindset required to produce outstanding results previously thought of as pure fantasy.

We all have the ability to thrive, succeed and accomplish. Sometimes it just takes someone like Kathryn to jolt you and your team/conference attendees/delegates off the plateau and into the stratosphere.

Kathryn has a vast catering and hospitality background. Starting as the night cashier at the Bennelong Restaurant at Sydney Opera House she was quickly promoted to Daytime Manager. Her ability to train staff was recognized early on so she was promoted to train the staff for all of the seven restaurants in the chain. After training the ground staff for the opening of Sydney Tower Restaurants, Kathryn returned to Sydney Opera House as the P.R. and Sales Manager for the catering.

Since then Kathryn has trained with the world's leading experts in Self-Esteem, Self-Belief, and Peak Performance. She has spent the last 20+ years inspiring thousands of people around the world to produce results they'd only previously dreamt of. Kathryn draws on her own life experiences including re-building her life after feeling suicidal, to inspire people to embrace the road blocks/disappointments/setbacks that are inevitable as you pursue excellence in your life.

Kathryn is the author of several books including her #1 Best Selling Book ~ "Become your #1 Fan ~ How to Silence Your Inner Critic and Live the Life of your Dreams. And has been interviewed on every major TV network across the US.