

KATIE GORDON

Founder and creator of Dietless Living; The Real Alternative to Dieting, Change Behaviour Specialist, Speaker, and Author of 'The Missing Link To Sustainable Weight Loss'

"I don't care about the number on the scale. I care about health. And being happy is where real health begins."

THE BACK STORY...

Katie Gordon has been researching health, fitness and human behaviour for over 30 years and has blended proven change behaviour methods and tools that have been around for decades, including NLP, Mindfulness, CBT and Ericksonian Hypnosis, to develop a systematic methodology for her high achieving clients to feel healthier, happier and lighter.

Having been on her own weight-loss and health journey for over 2 decades, Katie understands the feelings, frustrations and misleading information that overwhelms women into a war with their weight, and believes no one should go through the mental and emotional distress caused by the ineffective dieting.

Working as a horticulturist at an aged care facility in the 90's she saw the first hand effects of poor health and lifestyle choices, which made her realise that she too was not living a human friendly lifestyle. She began to study Naturopathy at night and soon found herself working with an organics company. But what she saw & experienced in the next 11 years was that living an organic lifestyle, did not stop that inner "Bastard" voice, and that was what was impacting mental, emotional and physical health.

With busy professional women juggling high flying careers, family and a hectic schedule, stress and anxiety is so much a part of daily life that it's seen as normal, and it is often their health that falls off the radar and suffers. Being in control in all other areas of life but not health and wellness is frustrating and depressing, and they're often left feeling like failures.

Katie's passion is educating people about what drives their eating behaviors and how to re-imagine their health. What Katie has discovered is that unconditional happiness is the key to overcoming our 'bullying' inner voice and breaking-free from unhealthy habits and behaviours.



Katie is committed to putting the power of choices, freedom and control in the hands of every individual.

IDEAL FOR THESE AUDIENCES

- Professional Women
- C-Suite Executive Women
- Business Leaders and Entrepreneurs
- Health and Wellness Industry
- Women in Business

TALKING POINTS

- Why the weight loss industry are focusing on the wrong things and failing women
- Re-imagine health and stop feeling overweight & overwhelmed
- 6 steps to mind & body transformation
- What your bullying 'bastard' inner voice is and how you can overcome and retrain it
- How to cultivate happiness in the midst of crisis and bounce back from burnout
- How mental & emotional exhaustion is fuelling the growth in the weight loss industry
- The 3 systems to self-mastery
- How stress and frustration drive your eating habits
- Transforming women's relationships with themselves

AS FEATURED HERE:



CONTACT DETAILS

For enquiries or to book Katie Gordon as a guest on your podcast, please contact the Experts On Air Podcast Booking Agency info@expertsonair.fm. **EXPERTS ON AIR** 

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