

Kat Thomas

Associate

Kat is a dynamic presenter, empathetic facilitator, and experienced business coach who has held a variety of facilitation, consulting, front line and leadership roles. She has spent more than 15 years developing professionals in leading and motivating teams, coaching for high performance, polishing sales teams and bringing development plans to fruition for clients.

Kat also enjoys partnering with clients to develop confident and commanding public speakers. She has worked with a diverse range of clients and participants ranging from C-suite to business owners to Olympic athletes and young professionals; and industries including banking and financial services, hospitality, FMCG, construction, medical, professional services, media, manufacturing, tech, and commercial property.

Flexible, resilient and a creative problem solver, Kat is skilled at 'reading a room' and is able to encourage and support others to try things they haven't tried before: drawing people in, managing group dynamics and directing energy within a room, she supports vulnerability and encourages genuine exchanges with her audience. She is committed to inclusive, supportive, thought-provoking and meaningful interactions for participants.

Kat holds a lifelong passion for learning and development and thrives on opportunities to engage participants and clients alike in facilitating positive change. This curiosity has led to Kat holding qualifications in varied fields, from MBTI and DiSC, Certificate of Superannuation Management and Diploma of Financial Planning, to a Bachelor of Science (Coastal Geomorphology) from the University of Sydney. She is an accomplished violinist and a professional cake decorator, who has taught at Sydney's premier cake decorating school, Planet Cake.