

Kate Swoboda



Kate Swoboda is a facilitator and speaker on the topic of habit-formation and psychological courage/emotional resilience, and the author of the forthcoming book, *The Courage Habit* (New Harbinger Publications, spring 2018). She also speaks on women's leadership and well-being, and helps companies to elevate the voices of women in the workplace.

At YourCourageousLife.com she teaches about the research-backed habits that cultivate more courage and emotional resilience against stress. Kate was deemed one of the top 50 bloggers making a difference in fitness, health, and happiness by Greatist, and she has brought the principles of The Courage Habit to conferences and companies.

Press

“Kate Swoboda has a beautiful gift for interpreting what's really going on. Like that friend who can read you in a glance, Kate can get to the meaning of a situation in one phrase. It's a kind of clear courage that inspires more courage in others.” —Danielle LaPorte

“One of the Top 100 Life Coach Blogs on the web.” —Feedspot Blogs

“William Wallace, Shmilliam Shmwallace. You're the Braveheart here, according to Swoboda. Her site, Your Courageous Life, encourages men and women to take chances, be brave, and start their own personal revolutions. Via life coaching and inspiring blog posts, Swoboda is dedicated to teaching all of us how to embrace our inner courage, every day and in every situation.” —Greatist

Book



The Courage Habit: How to Accept Your Fears, Release the Past, and Live Your Courageous Life will be available from New Harbinger Publications in May 2018. Combining the science of courage with the neuropsychology of habit-formation, *The Courage Habit* will show you how to stop letting old fear routines limit your life, your creativity, your ideas, and start making bold moves in the direction of your dreams.

For businesses and organizations, *The Courage Habit* will help every member do the inner work to become more confident and courageous in their personal lives, so that they can do the outer work of seeing the role that they play in the overall success of the organization.

AS SEEN IN



Forbes

BUSINESS INSIDER



DR. OZ THE GOOD LIFE

THE DESIRE MAP

Entrepreneur

Optimist

en*theos

PROBLOGGER

MindBodyGreen

FAVORITE TOPICS

- Cultivating courageous habits, for greater stress resilience and well-being.
- How courageous habits positively impact corporate leadership.
- The science of courage + the neuropsychology of habit-formation as it applies to health + wellness, parenting, women's leadership, business + marketing, and creating more positive relationships.

BOOKING

For interview requests or speaker inquiries, reach out via email with information about your podcast/media outlet or the scope of your event.

Contact:
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SOCIAL MEDIA

- @YourCourageousLife
- @katecourageous
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Burst of Applause



Thank you for teaching me in a clear and accessible way tools I can understand, comprehend, & believe I am capable of using.” –K.D.

“Specific things I loved? That’s hard—I REALLY loved it. Your energy, enthusiasm, knowledge, expertise, and honesty that totally came through!” –S.L.

You’re my kind of person, really—marketing from the heart.” –A.J.

“You’ve shared with us the best of what you’ve found, and I’m so glad not to be alone in this journey.” –V.T.

“You can relate to how we want to show up in the world.” –A.G.

“I am confident that I have everything I need to build a thriving practice. You have been excellent in every way.” –A.S.

“You really inspire me to specify my passion and what I stand for.” –B.R.

“Inspirational! I can do it!” –F.E.