



# Katrena Friel

Introducing public speaker and thought leader...

**Switching On Success, the Blueprint for Personal and Professional Growth**

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## About Katrena Friel

Katrena Friel, an international keynote speaker, award-winning author, and business mentor, brings a unique blend of energy and expressiveness to the world of podcasting. With over 25 years of experience as a business mentor, Katrena has honed her expertise in personal and professional development, offering a practical and pragmatic approach that has been described as dynamic, spirited, and empathic.

Known for her ability to challenge behaviors, beliefs, and thinking, Katrena is a catalyst for profound self-discovery. Participants in her programs often report learning more about themselves and others in a short period than they have in the last two decades. Her express format helps individuals escape their current thinking and take a giant leap forward in their personal and professional evolution.

Katrena's mission is to inspire, align, and activate individuals, ensuring they walk away feeling

refreshed, empowered, and confident in their newfound understanding of capabilities. For those who value honesty, growth, credibility, expertise, and authenticity, Katrena has a unique ability to flick the switch on engagement.

Her journey, marked by two burnouts before the age of 25 and experiences with bullying bosses, has shaped her into an expert in management and leadership. With irreverent humor and a love for the startup vibe, Katrena shares insights on consciousness, engagement, and leadership, bridging spirituality with business.

As an accomplished speaker, Katrena captivates audiences with her engaging style, bringing an element of fun to every conversation. Her comprehensive Becoming the Expert Program has assisted numerous aspiring experts in creating multiple streams of income and achieving their visions.

In the podcast realm, Katrena's interviews promise a thought-provoking blend of personal anecdotes and professional wisdom. Listeners can expect a journey through the good, the bad, and the ugly of her 25-year corporate experience, with a focus on switching people on to positive engagement at every touchpoint. Katrena Friel is not just a speaker; she's an inspiration and guide, committed to building outstanding personal brands and fulfilling the visions of creative and courageous thought leaders.

## Katrena Friel Talking Points

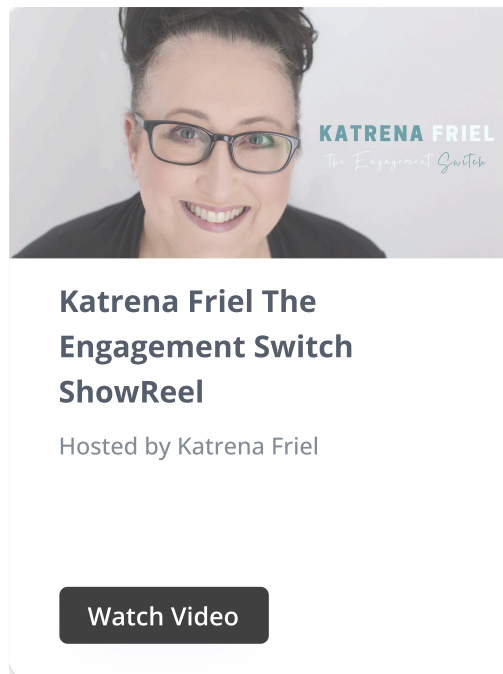
- **Navigating Burnout and Personal Growth:** Katrena can share the personal journey of overcoming two burnouts before the age of 25, illustrating how these experiences became catalysts for personal growth and resilience. Katrena will discuss the importance of learning from challenges and setbacks, emphasizing the role of self-discovery in building emotional and mental strength. Listeners can gain practical insights for listeners on recognizing signs of burnout and implementing strategies for self-care and personal development.
- **Switching On Engagement in Leadership:** Katrena will delve into the concept of switching people on in every interaction, highlighting its relevance in leadership and team management. Sharing anecdotes from her 25-year corporate experience, detailing how effective leadership involves understanding the impact of every touchpoint on employees. Audiences will gain insights for leaders to enhance engagement, build self-belief in their teams, and foster a positive work environment that encourages growth and innovation.

- **Bridging Spirituality with Business Success:** Explore the intersection of spirituality, energy, and intention with business success, emphasizing the importance of aligning personal values with professional goals. Katrena will explore how a heart-and-soul approach can positively impact decision-making, leadership style, and overall business strategy, providing practical examples of integrating spirituality into the business world, and demonstrating its transformative effects on individuals and organizations alike.

## Why Katrena Friel?

- **Large and Engaged Audience:** Katrena Friel has a significant online presence with over 18,500 followers on LinkedIn, 3,600 followers on Facebook, and 1,800 followers on Instagram. Her appearance on your podcast could potentially attract a large number of new listeners from her existing audience, increasing your podcast's reach and visibility.
- **Expertise and Experience:** With over 25 years of experience as a business mentor, Katrena is a thought leader in personal and professional development. Her unique insights on topics such as navigating burnout, switching on engagement in leadership, and bridging spirituality with business success, can provide valuable content for your podcast.
- **Thought Leadership:** Katrena is known for her dynamic, spirited, and empathic speaking style. She has a unique ability to engage audiences and inspire profound self-discovery. Her thought-provoking blend of personal anecdotes and professional wisdom can provide an engaging and insightful episode for your podcast, ensuring listeners walk away feeling refreshed, empowered, and confident in their newfound understanding of capabilities.

## Katrena Friel Video Showreel



### Katrena Friel The Engagement Switch ShowReel

Hosted by Katrena Friel

Watch Video

## Podcast Episodes featuring Katrena Friel



### AM ENGAGEMENT

Team...

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### The Brand Called You

Listen on Apple Podcasts



### The Matrix Green Pil

Listen on Apple Podcasts

## Recommended Podcast Audience

- **Startup Founders:** They would be interested in Katrena's insights on leadership and management, especially given her love for the startup mentality. Her experiences with burnouts and bullying bosses could provide valuable lessons for new entrepreneurs.

- **Business Coaches:** As a business mentor herself, Katrena's approach to personal and professional development could offer new perspectives and techniques for other coaches to implement in their own practice.
- **Aspiring Speakers:** Katrena's success as an international keynote speaker could provide inspiration and practical advice for those looking to break into the speaking circuit.
- **Personal Branding Consultants:** Katrena's focus on building outstanding personal brands aligns with their professional interests, and her insights could prove beneficial in their work.
- **Corporate Leaders:** They could benefit from Katrena's expertise in engagement, leadership, and management, particularly her focus on positive engagement at every touchpoint.
- **Human Resource Professionals:** Katrena's ability to challenge behaviors, beliefs, and thinking could provide valuable insights for HR professionals in managing and developing talent.
- **Personal Development Enthusiasts:** Katrena's focus on profound self-discovery and personal evolution would resonate with individuals interested in personal growth.
- **Spiritual Entrepreneurs:** Katrena's approach to bridging spirituality with business could offer unique insights for entrepreneurs looking to incorporate spiritual elements into their business practices.

## Sample Podcast Questions for Katrena Friel

- **Reflecting on Your Journey:** "Can you share a pivotal moment from your journey, and how it influenced your approach to personal and professional development?"
- **Switching On Engagement:** "In your experience, why is every touchpoint crucial in leadership, and how can leaders effectively switch their teams on for positive engagement?"
- **Navigating Burnout:** "You've overcome burnout twice before the age of 25. What lessons did you learn, and how did those experiences shape your mindset and approach to work and life?"

- **Bridging Spirituality and Business:** "How do you personally integrate spirituality, heart, and soul into your business strategies, and what impact has it had on your success?"
- **Startup Insights:** "What advice do you have for entrepreneurs navigating the challenges of startups, and why do you think some might unknowingly become obstacles in their own journey?"
- **Leadership Evolution:** "Over 25 years in the corporate world, you've witnessed the good, the bad, and the ugly in management. How has leadership evolved, and what can today's leaders learn from the past?"
- **Creating High-Performance Teams:** "For those aiming to build self-managing teams, what strategies and learning experiences have you found most effective in your extensive career?"
- **Personal Brand Building:** "As an expert in helping individuals transition to personal brand businesses, what key elements do you emphasize for effective positioning, packaging, and pricing?"
- **Authorship and Thought Leadership:** "With four award-winning books, how do you approach

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transformed the lives of participants?"