

Speaker ★ Coach ★ Motivator

Cat Coluccio

*rocking
midlife*



Empowering women to ROCK their Midlife!

Keynote Topics

Meet Cat, a woman who believes that midlife is not the “beginning of the end” but the start of an amazing new season in the life of all women.

Cat gets excited when she sees midlife women empowered, motivated and living fulfilled, purposeful lives. Regardless of whether they are in the same career they have always been in, or are completely reinventing their lives – seeing them thrive and make an impact in their world fills her with joy.

For many girls though, the journey of midlife can be a frightening roller coaster ride full of rampant emotions, hormones and life changes. This is where Cat can help, providing your groups and audience with the **encouragement, support and motivation ALL women need to ROCK their Midlife to the fullest.**

Girl, Get Over Yourself & Get In The Game!

Choose to put a stop to the self-imposed limitations you have been living with and become the leading lady of your own life! Based on Cat’s book of the same name, she shares situations in her own life where she had choices to make to either propel her forward or to settle where she was. Motivation mixed with equal parts of vulnerability and tough love.

Age is Just a Number

Why be limited and defined by a number when you have a calling to fulfil? There is an international groundswell happening of midlifers stepping up and declaring that “we aren’t finished yet - in fact, we’ve barely begun!” - and you need to be part of it! Shake off your personal limitations, be inspired by other midlifers who followed their dreams into very different second halves of their lives and be excited for what is to come in your own life!

5 Tips to ROCK Your Midlife!

It's no longer about polyester dresses and slippers when you hit midlife! In fact it is quite the opposite these days with empty nests equating to freedom after the many years of child rearing. The midlife season is definitely one of challenges and changes, yet with the right mindset, can be fulfilling, exciting and joyous too.

★ “If you are serious about turning your dreams into goals that you actually achieve, then Cat will give you a foundation and a plan for success”.

★Katrina



Cat nurtures, encourages and uses her "tough-love" approach to challenge people to give their all, and is profoundly privileged when she witnesses significant transformations in lives.



A passionate, empowering and experienced motivator, Cat is a qualified educator, personal trainer and life coach.

Rave Reviews

Cat has worked with people of all ages, in varying roles such as a high-school teacher, a music director, a conductor, a lecturer, a principal of a tertiary training college and a professional musician. She also homeschooled her own two children for six years during their high-school years, enabling them to travel the world with their respective sports.

Embarking on her own midlife reinvention once her youngest started University, Cat returned to study at the NZ Institute of Sport, where she entered as an overweight, oldest member of the class only to emerge a lighter, fitter, certified Personal Trainer who graduated at the top of her class. After seven years of working in the fitness industry, she returned to the classroom to study Life Coaching, and now offers her own unique brand of personal coaching.



Book & Connect with Cat

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I always considered myself to have a positive mindset, especially when it came to self love. That was until I signed up to the 12 week love your body challenge. Through the programme I realised that there had been little things holding me back from being my best, things that I hadn't even considered before.

Cat has a great way with words and really challenges you to be honest with yourself all while guiding you to show you love yourself rather than just say you do.

★ Rennatta

Completing this challenge helped me to love every inch of my body and to be grateful for its so called 'imperfections'. During the 12 weeks **I found a part of my self confidence that I feel has been missing for years now.** Cat was there every step of the way to encourage me when I felt tasks too confronting.

★ Laura

Cat has an awesome easy going, friendly, caring personality that makes you feel relaxed and very welcome from the first time you meet her. She works with the whole person - not just physically but also mentally and emotionally. The best thing I ever did for myself was to email Cat.

★ Traci