

WITH APPRECIATION

I had the pleasure of meeting Kylie Carmody in 2013. Since then we've met numerous times to bounce ideas off each other, and to collaborate on projects.

One such project was the Invincible Woman series of events. Kylie spoke at the second event in this series, sharing her personal experiences relating to weight loss and improved wellbeing.

Kylie's presentation was inspirational and I have no hesitation in recommending her for similar public speaking roles.

Kylie delivered a very professional, well-prepared and engaging presentation that met the brief perfectly. In the lead up to the event, Kylie showed great initiative in providing suggestions for activities that would add value to the audience.

I thoroughly enjoyed working with Kylie. Her professionalism during the planning of the event right through to follow up and debriefing after the event added to the success of the event.

Kylie is extremely passionate about helping people find their inner strength, break down barriers and achieve their goals.

She is a positive advocate for holistic health, and a great example of what can be achieved (personally and professionally) when you put your mind to something.

Regards

Belinda Wasowski

Founder, The Invincible Woman
Personal Trainer, Intensity Personal Training

e: belinda@intensitypt.com.au | m: 0413 566 957

