

Kris Goetz

Authentic. Joyful. Empowering. Action Igniting.

Kris Goetz is a true wellness ambassador - living her talk - who knows that living the life of your dreams is our birth duty?

Listen to her, it will change your life forever.



As seen in

TEDx

OPTUS



**MindBodySpirit
FESTIVAL**

Kris is an inspiring woman changing the lives of many. Her message is now in bold letters on my fridge

**YOU HAVE TO
OWN YOUR HEALTH**

Gai Cumming
Gut Health Kickstarter

Kris Goetz speaks straight from her heart.

Her takeaways are GOLD

Business Frameworks turned into Health Roadmaps

- genius

Chris Halliday,
MindBodySpirit Festival

How do you get from life destroying diseases to living the life of your dreams? Listen-up! Kris shows you how easy it is. With her sparkling energy, can-do spirit, she shares her message that *everybody deserves to be happy and healthy.*

TEDx speaker Kris Goetz will often be asked to speak at conferences, corporate events, health and wellness symposiums and festivals. She is an energetic and passionate advocate for self-healing, having achieved this in her own life, and knows that it all starts with taking ownership and education. Kris understands first-hand that a healthy gut is key to having optimal health. She shares her extensive knowledge and practical tips around the benefits of a plant-powered diet. Her holistic approach to healing has been inspired by her work with thought leaders such as Dr. Bernard, Dan Buettner and Louise Hay. The message she conveys in her talks is that true wealth begins with health, and she inspires her audience to take control of their wellbeing in order to live the life of their dreams.



my Topics ...

Wealth begins with health

Are You Brave Enough to be Healthy?

In this talk you will discover:

- Being healthy is a decision you have to make.
- Monetary / career benefits of being healthy.
- Impact of health on your whole life.

Kris lives the life of her dreams. She has trained and learned from hundreds of people and applies knowledge gained from thought leaders such as Tony Robbins, Gabby Bernstein and Gary V. Despite having been through some serious health challenges she is now performing to her full potential.

3 actionable takeaways for the audience:

- How to start and finish your day.
- Clear vision of the life of your dreams.
- 3 easy lifestyle-hacks to become healthy TODAY.

How We Can Change The World

With The Food Choices We Make

In this talk you will discover:

- Health benefits of a plant-powered diet and its positive impacts from an environmental and ethical perspective.
- Why most people don't know about the power of this diet.
- 3 ways to improve your health and change the world today.

Kris has carried out extensive environmental and ethical research on this topic and has delivered this content as a TEDx speaker. Her degree in Marketing taught her decision making and human behavior and she has also learned from thought leaders such as Dr. Greger, Marion Nestle and Dr. Campbell.

3 actionable takeaways for the audience:

- How to make your own dairy-free milk and ice cream.
- Practical food swaps.
- Time and money saving hacks.

Work-life Integration

Myth or Path to the Life of Your Dreams?

In this talk you will discover:

- How happiness improves your whole life: work, health and relationships.
- Time as a resource – how do you invest your time and where do you waste it today?
- Unlock new energy through a healthy diet and exercise.
- How to remain balanced even when you travel.
- 3 easy ways to find balance in today's busy world.

Kris sustained balance as a high performer in management consultancy roles. She draws from lessons learned from specialists in the field of productivity and happiness like Richard Branson, Simon Sinek, Arianne Huffington and Dr. Christiane Northrup.

3 actionable takeaways for the audience:

- 3 easy ways to gain more time.
- What to eat to gain more energy.
- 3 easy ways to add more exercise into your life right now

Bust the Dairy-Myth

Get Healthy*

In this talk you will discover:

- Busting the dairy myth: Why we believe dairy is natural, normal and necessary.
- Proven health benefits of a dairy-free lifestyle.
- Break your cheese addiction.
- Dairy-free calcium sources.

Kris is the CEO/founder of *I Quit Dairy* and healed herself many years ago by going dairy-free. She applies her knowledge from thought leaders such as Dr. Bernard, Dr. Klapper and Kris Carr. Kris collaborates with health professionals, brands and charities to spread the word on the benefits of a dairy-free lifestyle.

3 actionable takeaways for the audience:

- 3 easy dairy-free recipes.
- 3 quick food swaps.
- Kris' 3 favourite dairy-free products.

The Ultimate Healing Machine

Why you are perfectly perfect

In this talk you will discover:

- Perfection of nature: Human body = perfect healer.
- Own your health – You are your best health professional.
- Gut health is key to health and more than diet – overview of other areas.
- 3 easy ways to support your body to heal itself.

Kris healed herself from chronic headaches, a serious hip injury, lost 15kgs in weight and is now reversing an auto-immune disease (Hashimoto). She has extensively researched blue zones (the world's longest-lived cultures as documented in National Geographic), gut health and studied the performance of athletes. She has also trained and learned from hundreds of people and applies knowledge gained from thought leaders such as Dan Buettner, Gulia Enders, Scott Jurek and Don Tolman.

3 actionable takeaways for the audience:

- Roadmap to health framework to assess your situation and determine your next steps.
- 3 ways to add more fruit and veggies into your diet today.
- 3 ways to reduce toxicity in your everyday life.

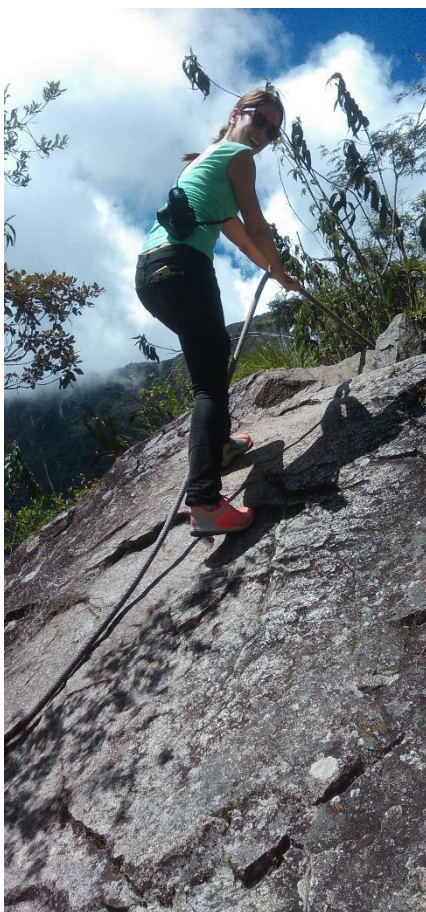


Health education
in the most
digestible form!

on stage...



a sneak peak into my life...



how to get in touch...

Let's have some fun together, changing people's lives.

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