



Katische Haberfield

Katische speaks at the intersection of mainstream business, wellness, consciousness and spirituality.

Author, Podcast Host and Creator, Spiritual Channel and Medium.
Former Accenture eCommerce Consultant and University Lecturer



SIGNATURE TOPIC

How to make better decisions at work by understanding the heart-mind-body connection.

When there are deadlines to meet, and decisions to make, how do we stay centred and grounded?

In this moment between split-second decision and action, we can connect with our "gut instinct" otherwise known as our intuition. We can choose to listen to our body's wisdom and take a course of action which is heart centred.

Every decision you make at work is not just mental — it is connected to how you think, how you feel, and how your body responds under pressure.

- Katische shares how understanding the heart-mind-body connection can help professionals, leaders, and entrepreneurs make clearer, wiser, and more aligned decisions.
- This topic is for anyone who has ever felt overwhelmed, second-guessed themselves, or struggled to trust their choices in business, leadership, or life.
- When your heart, mind, and body are aligned, decision-making becomes less forced and more intentional. You'll walk away inspired to slow down, listen deeper, and make decisions that support your purpose, peace, and progress.

As seen on . . .



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OTHER RELATED TOPICS

How to manage your emotions midlife when facing aging parents, divorce, perimenopause and menopause and spiritual awakening.

Depending on the composition of your workforce, you may have a lot of Gen Xers who are trying to juggle corporate senior roles with the emotional loading of family wellness and aging crisis.

We know that our personal life impacts our mental and emotional clarity at work, and many women additionally are facing perimenopause and menopause.

How do we not lose our entire workforce in a moment of snap frustration?

We understand that despite our best efforts, casual Friday, futsal and work hard drink harder cultural attempts are not working anymore.

In this customisable keynote, workshop or lunch and learn, you tell me what particular aspect you wish to address and I will help you.

As a 50 year old woman who went through perimenopause and menopause early, I know what this is like. I also divorced 13 years ago and have managed a family by myself. I lost my father aged 63 and my mother is facing her senior years alone as my sister lives interstate.

Let's not forget the men. They go through a reduction in testosterone, and can have difficulty transitioning into retirement, as the statistics show that men who are critical thinkers who do not actively transition into the workforce die shortly after their retirement.

Who will mentor the next generation?

Gen X need to put down the bottle to medicate their emotions and learn to cope with stress, the shattering of their dreams that once meant they were going to be the lucky generation with the greatest wealth transfer in history.

Let's not lose them to to early heart attacks, Cirrhosis and stress related illness.



Katsiche Haberfield

Book a free call to discuss your speaking requirements:
<https://calendly.com/katsichehaberfield/>

Lunch And Learn

- ✓ Onsite
- ✓ No audiovisual requirements (I don't use slides or a clicker)
- ✓ Interactive
- ✓ 45 minute session
- ✓ Travel costs additional- (outside Brisbane CBD, Australia).
- ✓ Available for delivery via Zoom or Teams
- ✓ Bookings via Calendly and payments required at the time of booking via PayPal.

\$600 /AUD

[Talk With Katsiche About Your Requirements Via Zoom Or Telephone](#)

Keynote Speech

- ✓ 45 minutes
- ✓ Onsite in Brisbane CBD and inner suburbs
- ✓ Travel costs additional (outside Brisbane CBD, Australia)
- ✓ Bookings via Calendly and payments required at the time of booking via PayPal.

\$1000 /AUD

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