

Kirsty Spraggon

Vulnerability, Truth & Personal Leadership Expert

Please contact a GDA agent for information.

Topics

- Inspiration / Achievement
- Mental Health / Psychology
- Mindfulness
- Personal Growth



About Kirsty Spraggon

Kirsty is one of the most sought-after inspirational speakers, most often booked to open or close a conference. She is known for her ability to shift the tone of an event, to help the audience connect with themselves— and others in a deeper, more meaningful way and to help clients foster a culture of vulnerability throughout their event and beyond.

She does this by modeling her own beautiful, heart-opening vulnerability.

Her ability to share moving, thought-provoking and emotional topics with compassion, strength, and her signature Australian humor, helps the audience become comfortable with going, just a little deeper.

She is a truth teller, connector and a powerful storyteller with the rare ability to both inspire audiences and leave them with actionable strategies that have life-changing results.

Kirsty's courageous story has touched diverse audiences all over the world, including employees from Fortune 500 Companies & global brands. She is trusted by her clients to design and deliver interactive keynotes that inspire change, challenge thinking and accelerate personal and professional growth.

- Her videos have been watched by more than 1.7 million people in over 120 countries.
- Her work has been nominated for two PRISM awards by the Entertainment Industry Council.
- She has been featured in Fox Business, Women's Health, The Huffington Post, Forbes, The Today Show and more.
- In her previous career, she was ranked in the top 1% of 120,000 sales agents worldwide with Re/Max and awarded the 'Hall Of Fame'.
- Today, she is taking her passionate work directly to the people by organizing a first of its kind event series, Truth-Telling for Truth Seekers. The inaugural event is being held in Los Angeles on April 22nd, 2018 in a 1500 seat auditorium and features a line-up of the most inspirational truth tellers and entertainers.

Select Keynotes

- **Courage and Deep Vulnerability**

Self-awareness is the key to self-mastery, dealing with change & achieving success. Having the courage to look within to overcome our fears and to climb our mountains takes work though. Self-work.

Many struggle to see which limiting beliefs, doubts & fears are holding them back. To truly 'see' ourself the way others do, to notice what holds us back takes deep vulnerability & we have to be courageous enough to look within.

Key Learnings:

- Discover how embracing your fears, trusting yourself to feel what you need to heal and going toe-to-toe with your most profound truths can transform your life.
 - Identify where fear may be holding you back.
 - Gain practical techniques to build your courage.
 - Learn how emotional vulnerability can strengthen relationships.
 - Be inspired and motivated to reach your fullest potential.
- **Mindfulness, Self-Awareness and Reconnecting to Self**

Are your staff tired, overworked, close to burning? Constantly dealing with stress, fear and overwhelm?

Mindfulness training is fast becoming a staple of Fortune 500 companies, research studies show that practicing mindfulness can improve your focus, making you more productive and reducing stress levels.

Kirsty believes being mindful takes self-awareness. It takes being able to press pause when we are off-center when for example we are triggered in the workplace and then noticing this so we can come back into alignment. Finding our calm in the eye of a storm is not easy but it is key to being able to operate from a calm and rational place when communicating and making leadership decisions.

Kirsty doesn't just teach the practices but gives your attendees an experience during the session of a mini-meditation and certain breathing techniques that shows them how quickly they can come back into alignment, leaving them FEELING less stressed and more focused by the end of her keynote.

Key Learnings:

- ◊ Understand when you are thrown out of alignment.
- ◊ Identify what your triggers are that lead you to feeling stressed & off focus.
- ◊ Learn how to get back into alignment.
- ◊ Gain practical knowledge & tools to center yourself & be more mindful.
- ◊ Develop your intuition & inner awareness.

• **Practiced Mindfulness Increases the Bottom Line**

Mindfulness training is a staple of Fortune 500 companies, research studies show that practicing mindfulness can improve your focus, making you more productive and reducing stress levels.

To be mindful takes self-awareness. It takes being able to press pause when we are off-center when for example we are triggered in the workplace and then noticing this so we can come back into alignment. This way we can operate from a calm and rational place when communicating and making leadership decisions.

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• **Truth-Telling for Truth Seekers - Me Too Moments**

Interviewing truth-tellers for the past 10 years and working on her documentary 'The Truth Teller Project', has given Kirsty a unique perspective on TRUTH. Capturing emotionally raw 'me too' moments of all kinds and powerful stories of those who have endured some of the worst kinds of sexual abuse, risen up from trauma, overcome addiction and moved forward from shame and stigma, she has seen that there are certain universal principles that each truth-teller had to learn to get to a place of acceptance, freedom and healing.

Key Learnings:

- ◊ Connect with the raw honesty and vulnerability modeled by others.
- ◊ Understand that you are not alone in your experience.
- ◊ Be empowered to make a real change in your life.
- ◊ Release what's no longer serving you.
- ◊ Leave with tools that help you to heal and let go in a new way.

Select Book Titles

- **2020:** The Truth Will Set You Free, But First it Will Piss You Off
- **2000:** Work As If You Own It (Bestseller in Australia where it was released).

Select Articles

- [Embracing Truth and Overcoming Fear In the Workplace](#)

It may seem counterintuitive, but to be truly successful, we must start with being vulnerable.

- [It's Not the Mountains We Conquer, But Ourselves](#)

I finally understood it is NOT the mountains we conquer but ourselves, what does it mean to conquer ourselves? to do our inner work? Check out this short clip where I share my ah haa moment....

- [This Is Me](#)

This is ME. My true self. It took me awhile to get back to her. She is a truth telling badass, who loves fiercely and acts passionately. She is sexy & sassy and super fun. She is unstoppable when she steps into her power in 2018.

- [Why Is Being Your True Self So Difficult When It's So Rewarding?](#)

Why being your true self is the most difficult and yet the most rewarding? As I continued to look at that question on the screen it was as if the words TRUE SELF were flashing out at me in neon.

Select Testimonials

"Our MCC chair credits Kirsty's Truth-Telling" program with preserving her forum and was such a strong advocate for her we've asked Kirsty to lead our upcoming 3-day all-chapter retreat. She'll also be speaking at Xcentric, our regional event, in September." Ryan Cassin EO Dallas Chapter President ---- Kirsty spent a day with our EO forum, helping us to get to the root of tensions that we shared as a group, to give us clarity of the future of our forum and encouraging us to recommit to our forum work. Her work gets to the core of what inhibits true growth and deeper relationships. And she does this in a way that welcomes you in and removes the fears that often stifles us. Shannon Neffendorf CEO Oak Cliff Coffee EO Forum Dallas ----- There are very few speakers who are truly capable of creating meaningful and lasting change. Kirsty Spraggon aka Truth-Teller is one of those elite few who possesses the natural talent to do so. In just one day she was able to identify roadblocks, help us break through as a group and created a shared trust which will benefit us individually and also as a forum. Amy Power Founder and President The Power Group 2018-19 Board Member/EO Dallas

— *EO Dallas*

Rarely have we seen a speaker who is so engaging, charming, relatable and humorous all at the same time. Our 2000 strong leadership group were enthralled and engrossed in Kirsty's practical yet groundbreaking ideas on relation-shiping and networking. Kirsty lit up the room with her enthusiasm and connected instantly to our team. Kirsty has reignited the flame in many people and as a result has inspired people to new levels of activity with renewed confidence.

— *MODERE - Rick Arnold Event Organizer*

Kirsty was the perfect Closing Keynote Speaker! She brought our entire conference theme to life. Her energy and positive motivation supported our mission for the conference. Our attendees were energized by her wit and inspired to take on new challenges in their business and professional lives. I would highly recommend Kirsty as a speaker – she is a real pro.

— *MPI - Meeting Planners International*

"What a thrill it was to have Kirsty keynote at 6 of our Leadership Conferences! She was awesome! The standing ovation at the conclusion of her presentation was an indication that Kirsty was a giant success. Comments like 'I won't be frozen by my fears any longer!' were the results we wanted!"

— *NATURES SUNSHINE - Director of global events Curtis Hohne*

"The ROI has already exceeded our expectations. When your staff are buzzing 2 weeks after the event you know the speaker has had a deep and lasting impact. Kirsty was hands down the most inspirational speaker we have ever had present to our consultants."

— *THE CHEFS TOOLBOX - David Mills CEO*

"Stepping out of fear Kirsty shared a deep personal story that opened her path to freedom. That example of true courage enabled her to impact others who needed to set themselves free."

— *WD40 - Garry Ridge CEO*

"I truly believe our conference would not have been as successful without Kirsty's contribution and the connection she made with the attendees. When she came off stage there was not a dry eye in the audience. Kirsty is a deep, substantial and impactful speaker. Her talk modeled the depth we wanted to see from the participants at our event, and because of her example, we got it."

– *WOLDBLU - Traci Fenton CEO & Founder*

Kirsty's skillfully captivated our audience from the onset of her arrival. Her dynamic personality and charisma drew many to her as she navigated our conference activities before her keynote address. Many of our members reached out to her after the event to gain further insights about overcoming challenges and how to rise above self-imposed limitations! She filled the room with energy and enthusiasm and got everyone engaged. Her message was on point with our conference theme "Bring It On" and her story resonated with the audience. She empowered the audience to overcome our fears and challenged us to dream big! Her humor was contagious and it enabled Kirsty to connect with audience at a personal level. We love how she has remained engaged with us after our event through social media and emails. We look forward to more interactions with Kirsty, and recommend her highly.

– *XEROX TWA Womens Event - Patricia Hill President*

Kirsty sparks an inner conversation and an outward connection to truth-telling. She was able to take the audience to deep healing which impacts all those around us. Kind, vulnerable and truly passionate about helping others! Kirsty shared from her soul. She lead with vulnerability. Patience Shutts YPO Certified Forum Facilitator - CFF YPO Certified Mentoring Facilitator - CMF

– *YPO Womens Wellness Event - Patience Shutts*