



# Kate Huffman

Body Image Expert and Award-winning Performer

**"Kate Huffman brings a kinetic energy that reaches out to the audience... she offers an amazing, eye-opening experience." - Pratima Devini**

Kate Huffman helps people reclaim the time, energy, and money wasted on the endless war with their bodies so that they can live freely and confidently in alignment with their purpose. After a decade of professional work as an actor (*Fresh Off the Boat*, *Castle*), her life changed when she told her story of twenty years of secret eating disorders, OCD, and body chronic pain in what is now an award-winning, world toured one woman show, *I'M TOO FAT FOR THIS SHOW*. It was the experience of doing this show and seeing how universal the story was - how many people out there were struggling with similar issues - that sent Kate on her path to body acceptance and body positive coaching.

## MEDIA TOPICS

### THE BODY LOVE SOLUTION

Shift from decades of disordered eating & body hatred to self-love & body acceptance; identify the false messaging fed to us by society from a young age; protect yourself from this toxic messaging going forward.

VALUE ADD: Gain tangible thought work tools to track and CHANGE habitual toxic thoughts; watch as these tools carry over into other areas of your life beyond body acceptance; experience greater freedom, confidence, and energy in all areas of life

### SELF-LOVE AS A LAUNCHING PAD

Self-love is not some unimportant luxury for the select few, but rather an acquired skill that serves as a means to exponentially launch your quality of life and enhance the lives of those around you.

VALUE ADD: Understand the benefits of self-love and learn effective methods to attain it, even if you've spent decades drowning in self-hate.;

### CHRONIC ILLNESS RELIEF

Stop spiraling thoughts that arise from chronic pain & illness; Kate has 20+ years of Lyme Disease, but self-hatred prevented a proper diagnosis.

VALUE ADD: Enter into a partnership with your body rather than a battle with it; experience unexpected relief from symptoms as well as inner peace & freedom

## AS FEATURED IN

### Podcasts:

- Health Your Own Way
- Live Fit Now
- Fire in The Belly
- Act Like a Girl
- Womansplaining
- Peace Unleashed



### Radio/TV interviews:

- Fox 59 New
- WTHR 13
- Sunshine Radio FM Dublin
- RTE Irish Radio 1
- The Daily Neloo



## WORDS OF PRAISE

AS A COACH:

**"Her leadership and openness inspire everyone to dig to a deeper level."**

**"I didn't think it was possible to change my thought patterns. But after, I felt freedom from my thoughts and a level of self-love I hadn't felt for a long time."**

AS A SPEAKER AND PERFORMER:

**"Kate Huffman shines." - LAsT**

**Kate deftly balances humor, gravitas, pathos, education, and energy into a soul-bearing performance." - Edward Hong, Nerds of Color**

**"Kate is so talented not only as an actress, but as a writer, a visionary, and a storyteller. Her journey of living with OCD and eating disorders is applicable to anyone who has ever struggled with that internal voice no matter how tall, short, fat, skinny, dark, light, feminine, masculine, young, or old you are."**  
- Neloo Naderi, Peace Unleashed


## CONTACT

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