

# TARYN *BRUMFITT.*

SPEAKER. FILMMAKER. AUTHOR.  
GLOBAL IMPACT ENTREPRENEUR





# THE *story* SO FAR

From The White House to leading a global movement, Taryn knows what's possible when you embrace your purpose — because she's done it.

- Named 2023 Australian of the Year
- Delivered a leadership talk at Google HQ in Silicon Valley, live streamed to every Google office worldwide
- Recognised by international advocacy groups including United Nations Women, Amy Poehler's Smart Girls, and the Geena Davis Institute
- Presented at Harvard University
- Keynote speaker at SXSW (Austin, Texas)
- GE's highest-rated speaker
- Delivered National Press Club address
- EY Entrepreneur of the Year, South Australia
- Finalist, Australian Financial Review's 100 Women of Influence 2018
- SA Award for 'Excellence in Women's Leadership' from Women and Leadership Australia
- Raised \$12 Million for The Embrace Collective charity
- Editor in Chief of *Embrace* magazine
- Received Honorary Doctorate from Flinders University 2024



Taryn Brumfitt is an award-winning filmmaker, bestselling author, and internationally sought-after keynote speaker.

Named Australian of the Year in 2023, she is a fiercely passionate advocate for social change, having reached over 200 million people worldwide.

As the co-executive director of The Embrace Collective, founder of the Body Image Movement, director of the globally renowned *Embrace* and *Embrace Kids* films, and author of five books, Taryn is a true impact entrepreneur.

She leads with purpose and compassion, whether taking the stage for top global brands, speaking into a microphone, behind the camera, or co-creating branded campaigns. Her bold vision and commitment to change make her a true force of influence.

# IN OTHER *words...*



"Taryn has inspired millions of people around the world. A very popular choice, she has made an excellent Australian of the Year."

**HON ANTHONY ALBANESE MP**  
PRIME MINISTER OF AUSTRALIA



What Taryn is doing is brilliant and she's doing it in a brilliant way - well executed. I love her passion and energy.

**MARK BOURIS**  
ENTREPRENEUR



"I have long admired Taryn's total acceptance of her body. We can all learn from her!"

**OLIVIA NEWTON-JOHN**  
ACTRESS



"Taryn is inspiring! I love her passion, her books and films. Her caring personality shines through everything she does."

**RICKI LAKE**  
TV HOST AND ACTRESS



"This is good for the world."

**ASHTON KUTCHER**  
ACTOR



"Taryn's film is a conversation starter, it needs to be seen by women, men and children far and wide."

**GEENA DAVIS**  
GEENA DAVIS INSTITUTE





**Google HQ talk in Silicon Valley  
live-streamed to every Google  
office around the world**

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**Named GE's highest-rated speaker**

# SPEAKING OUT

UPLIFTING, WISE AND EMPOWERING,  
TARYN IS A HIGHLY SOUGHT-AFTER,  
GLOBAL KEYNOTE SPEAKER.

Taryn has opened conferences and spoken at events globally, including **SXSW** in Austin, **Google HQ** in Silicon Valley, **American Australian Association** in New York and **Allianz** in Sydney.

She has taken the stage for some of the world's most iconic brands, like **Harvard** and **Disney**; and inspired scores of Australian and international organisations, including **L'Oreal**, **FIFA World Cup**, **National Press Club**, **Sky News** and **Deloitte**.

A natural-born storyteller, Taryn can bring any topic to life but these are the ones that really get her going:

- Igniting leadership: Empowering change from within
- Harnessing tenacity and resilience for peak performance
- Kicking goals by unleashing creativity and innovation
- Mastering entrepreneurship and social enterprise for impact



# GET *IT*

## KEYNOTE #1

30/45-MINUTE KEYNOTE SPEECH + OPTIONAL Q&A

Taryn knows what it takes to break through self-doubt and turn dreams into reality. Now, she's bringing that game-changing mindset to the stage with her transformative new keynote: *Get It*.

With her signature blend of heartfelt storytelling, humour, and practical wisdom, Taryn shares the seven powerful principles that took her from hesitation to unstoppable momentum—like how polite persistence wears down resistance.

Through candid insights and real-life strategies, *Get It* empowers audiences to dream big, back themselves, and take action—no matter the obstacles.

This keynote is perfect for organisations seeking to inspire and energise their teams—whether they're sales-driven, performance-focused, or simply ready to level up.

## TAKE OUTS:

Discover actionable ways to silence negative self-talk, build resilience, and push past your limitations.

Get motivated by inspiring, high-energy storytelling that encourages you to dream big and go after what truly matters.





# EMBRACE@WORK

## KEYNOTE #2

30/45-MINUTE KEYNOTE SPEECH + OPTIONAL Q&A

Body dissatisfaction is costing businesses \$69 billion in lost productivity every year. That's untapped potential – creativity, focus and energy – wasted worrying about how we look instead of smashing goals, solving problems, and making an impact.

In this game-changing keynote, Taryn calls out the true cost of harmful appearance ideals at work – and shows how to turn it around. Backed by 20+ years of global research and the combined expertise of Dr Zali Yager, Ellen Hooper and Taryn in body image, leadership, and organisational change, Embrace@Work is designed for high-pressure corporate environments that want happier, healthier, more productive teams.

With her trademark energy and straight-talking style, Taryn leaves audiences inspired and armed with practical tools to build a culture of respect, inclusion and high performance. This is the mindset shift that can transform your people – and your bottom line.

## TAKE OUTS:

Proven strategies to create a workplace culture that supports positive body image

How to challenge harmful norms and embrace diversity and inclusion

Practical ways to boost wellbeing, connection and productivity at work





# EMBRACE *YOU*

## KEYNOTE #3

30/45-MINUTE KEYNOTE SPEECH + OPTIONAL Q&A

In this thought-provoking presentation, Taryn takes her audience on her deeply personal journey from hating her body to embracing it, sharing how this powerful mindset shift has allowed her to inspire millions of others to do the same.

Lauded globally for her leadership in the body image space, Taryn's work has been recognised by organisations such as UN Women and has earned her a number of esteemed awards, including 2023 Australian of the Year. Here she invites you behind the scenes of the last decade to discover the highs and lows of leading a global movement that has reached more than 200 million people and changed countless lives around the world.

With a no-holds-barred approach and her trademark sense of humour, Taryn brings her audience face-to-face with some uncomfortable truths, guiding us to look inward so we can discover for ourselves what's really important in life, before delivering her life-changing Embrace manifesto, full of practical, actionable advice that leaves every audience member empowered to 'Embrace your body to embrace your life'.

## TAKE OUTS:

How to master the Embrace mindset and start building a better relationship with your body

A practical 'to do' list of things you can do today to start your own Embrace journey

How to apply the Embrace mindset for greater joy in all areas of your life







"We just love what Taryn brings to the table. We go at it from a data perspective, thinking deeply about the things we can do to change the world, and we love how Taryn connects the data and the emotion together. Awesome and amazing presentation."

ELLE DUNCAN | **GLOBAL BRAND SOLUTIONS LEAD, GOOGLE HQ**



"Not surprisingly, Taryn has rated as our most valued external speaker. The feedback has been overwhelmingly positive, with many participants sharing profound insights and empowerment to act differently for betterment of themselves."

GEWN TEAM | **GENERAL ELECTRIC**



"Taryn's energy and leadership lit up the room. Professional, inspiring and unforgettable - Taryn delivers a world-class keynote."

MELINDA PETRUNOFF |  
**MANAGING DIRECTOR  
PINTEREST**

**SHE'S MIC'D UP FOR ...**





"Taryn is a polished public speaker who educates and enlightens the audience with her real and raw approach and delivery. Delivering critical insights, Taryn is one of the **greatest public speakers** I have had the privilege to hear speak in person."



**BRUCE DJITE**  
SA EXECUTIVE DIRECTOR,  
PROPERTY COUNCIL OF AUSTRALIA

"Engaging. Captivating. Thought-Provoking.

Taryn's message was crisp, clear, and compelling — but it was Taryn's authenticity that shone brightest. She connected effortlessly with the audience and left them with practical, actionable takeaways to execute with excellence, achieve their goals, and truly "get it."

As a professional conference MC for over 500 major events, I've seen my fair share of speakers. Taryn stands out as a **world-class keynote speaker** — and I highly recommend her."



**LUKE HANNAN MBA**  
PROFESSIONAL MC

"In a room filled with talent, Taryn stood out as a **catalyst for change**. As women working in the media, we are a discerning audience and hard to impress. Taryn's remarks at the Women in Media National Conference 2023 ignited a conversation."



**PETRA BUCHANAN**  
WOMEN IN MEDIA

"Taryn's keynote, Get It! was a masterclass in resilience, persistence, leadership, and impact. Her **honesty, humour, and unapologetic call to action** left us all feeling a little braver and a lot more determined to embrace the power we already hold."



**ILONA CHARLES**  
CEO, SHILO.PEOPLE

"Blending humour with a serious message — Taryn's passion and enthusiasm left the room with a feeling of hope, positivity, and empowerment.

Her presence boosted our annual event turnout to a record high, and her generous post-event involvement was warmly welcomed by the many who lined up to meet her.

Taryn is a **deeply engaging keynote speaker**, who we were proud to bring to our guests — and would highly recommend."



**STEPHEN CAPELLO**  
CEO, HUME BANK

"Taryn's keynote was absolutely terrific — engaging, thought-provoking, and truly impactful. It set such a positive tone for the entire event. We definitely DO-RA'd our way out of imposter syndrome! Thank you for closing the conference with **so much heart**."



**ANNMAREE CARMICHAEL**  
EVENTS AND PARTNERSHIPS LEADER,  
HFMA AUSTRALIA





# IN THE *media*

Taryn has no less than 1000 media appearances under her belt and has graced the covers, pages, airwaves and screens of some of the world's top media outlets, both in Australia and overseas.



AS SEEN IN

**CBS**

**GOOD  
MORNING  
AMERICA**

**BBC**

**TODAY**

**NATIONAL  
PRESS CLUB  
OF AUSTRALIA**

**CNN**

**VOGUE**

**THE DOCTORS**

**THE AGE**  
INDEPENDENT. ALWAYS.

**EMPIRE**

**The New York Times**

**sky NEWS**

**Los Angeles Times**

**The Washington Post**



# INSPIRING AUDIENCES

A MESSAGE FOR EVERYBODY, EVERYWHERE.

## FILMS



## EMBRACE (2016)

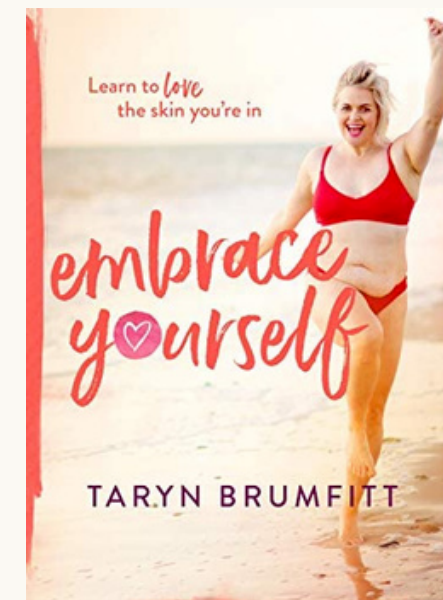
*Embrace* tackles the serious issue of women's body loathing, and Taryn's own journey to body acceptance. It became one of the most successful documentaries in Australian history – reaching millions of viewers in 190 countries. It generated more than \$4 million in global revenue, and continues to transform lives worldwide today.



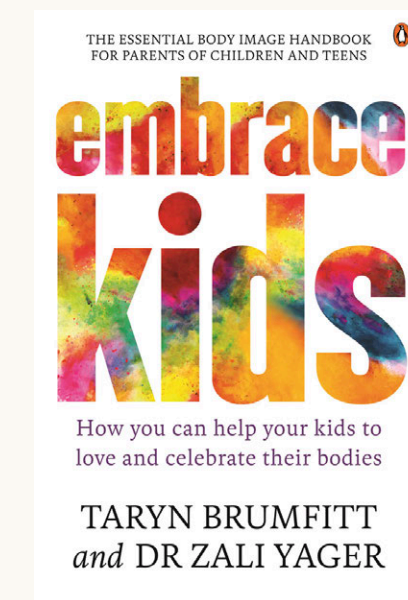
## EMBRACE KIDS (2022)

The powerful follow-up to *Embrace*, featuring Taryn's inspiring message and an all-star cast, (including Celeste Barber and Jameela Jamil, with Executive Producers Celeste Barber, Natasha Stott Despoja AO, and Teresa Palmer) shows young people how to move, nourish, respect, and appreciate their bodies.

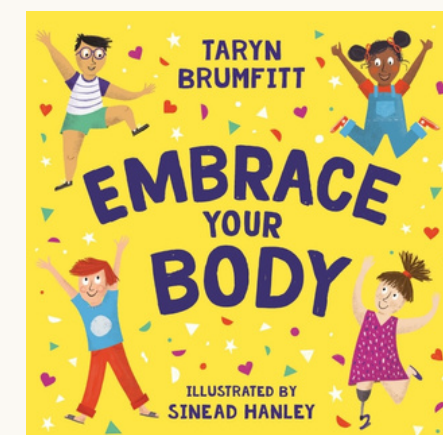
## BOOKS



## EMBRACE YOURSELF



## EMBRACE KIDS



## EMBRACE YOUR BODY



## CHICO THE SCHNAUZER



# DIGITAL COMMUNITY

Taryn has developed a loyal, passionate and highly engaged digital community, with well over half a million social followers and subscribers.



**LINKEDIN**  
9K



**DATABASE**  
25K



**INSTAGRAM**  
145K



**FACEBOOK**  
420K



**GLOBAL  
REACH**  
200  
MILLION



BODY CONFIDENCE DRIVES  
*WELLBEING, PRODUCTIVITY,*  
AND *DECISIONS.* *EMBRACING*  
YOUR BODY MATTERS AT  
EVERY LEVEL.



**Embrace.**  
FEEL GOOD FASHION

**Embrace**  
*you*

**Embr@ce**  
WORK

**BODYIMAGE**  
**MOVEMENT**





## Think *your* body image doesn't impact *bottom* line. Think again.

In the US alone, body dissatisfaction costs businesses \$69 billion dollars in productivity losses. Body image doesn't just affect the bottom line, it impacts our wellbeing too.

Imagine the productivity your organisation could achieve if your team focused less on wishing for different bodies and more on solving problems and achieving goals. Body image isn't just personal — it's one of the biggest barriers to women's leadership and gender equality. And it impacts men more than most people realise.

Join Taryn, Body Image Expert Dr. Zali Yager, and People and Culture Expert Ellen Hooper to discover how embracing positive body image can enhance team engagement, productivity, and wellbeing.





# Embrace *you*



**You deserve to feel  
at home in your body**

**Embrace You** is a global community that helps women reconnect with their body, find confidence, and transform how they see themselves.

Taryn's annual membership program gives women the tools, support, and guidance, including meditations, live Q&As, keynotes, special guests, and more.

With expert advice, proven strategies, and a supportive community, Embrace You is inspiring hundreds of women in over 12 countries to get off the sidelines of their lives.

[www.embraceyouonline.com](http://www.embraceyouonline.com)



# Embrace.

## FEEL GOOD FASHION

91%

of women generally  
have a bad experience  
when shopping

66%

said they were less likely to make a  
purchase if they didn't see themselves  
represented in images used in the store

### FEEL GOOD FASHION IS GOOD FOR BUSINESS

Taryn and Dr Zali Yager are making a powerful impact in the fashion world by improving both customer experiences and brand sales.

This program offers a tailored approach that helps fashion brands better serve their customers, making shopping enjoyable again and boosting sales. From empowering your employees to cementing your brand position to increasing revenue, we've got the expertise to make your fashion brand feel good.

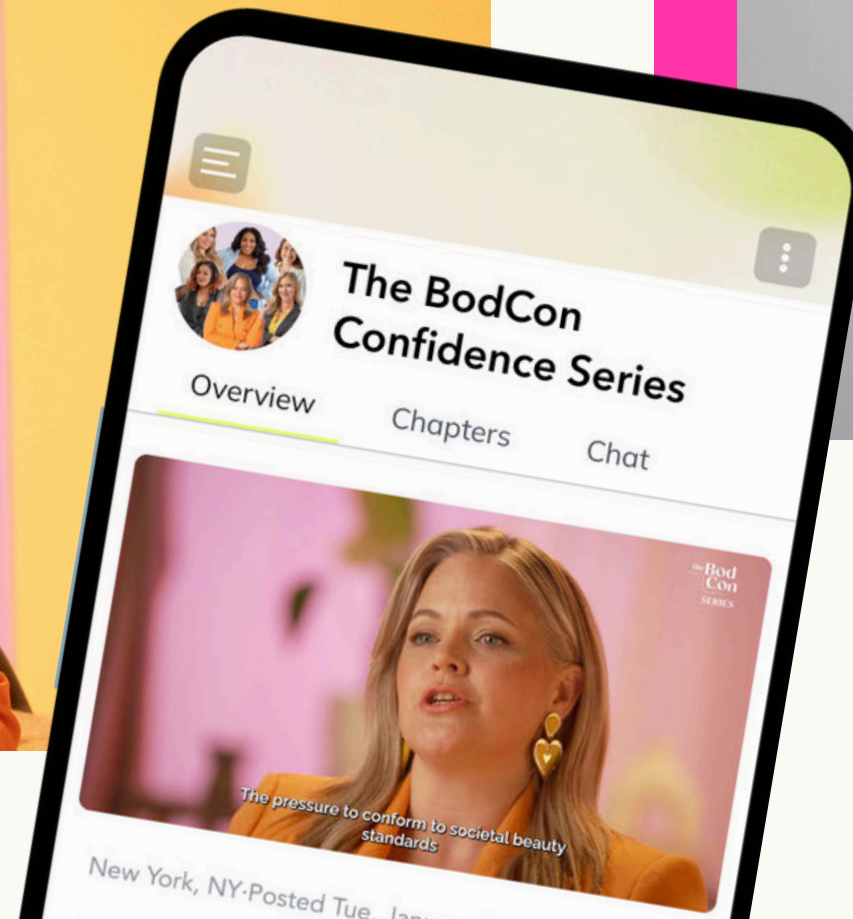




# COLLABORATIONS

Taryn has collaborated with some of the world's biggest brands, choosing only those that share her vision of "doing good in the world". Known for being easy to work with and consistently exceeding expectations, Taryn is a trusted voice and a force for positive change. As a trusted brand ambassador for Bumble,

San Remo, Optus, Modibodi, Mazda, Fernwood, and Found Space, she's used her platform to make an impact. Taryn's online confidence series for The Bodcon, launches for Commonry, and powerful articles for David Jones, Witchery, and Mecca inspire action with her deeply engaged audience who responds with enthusiasm.



Commonry



# AMBASSADORSHIP



When Australia's renowned women's fitness brand Fernwood Fitness sought an ambassador to help empower women, Taryn was the perfect fit. Over a 12-month campaign, Taryn collaborated with the company to create a multi-channel strategy, including social media, video content, member magazine, and event appearances.

*"As Fernwood began to shift our focus from traditional fitness messaging based on appearance to a more holistic approach to physical and mental wellbeing, Taryn was at the top of our list of people we wanted to work with.*

*The impact was immediate — our franchisees and staff were moved to tears by her inspiring keynote address at our national conference. **Throughout the year, we received an overwhelmingly positive response from members and staff alike, with strong engagement on social media and great feedback on her cover story in our member magazine.***

*Collaborating with Taryn was the ideal way to establish our new brand direction and inspire our 70,000 members to embrace their bodies."*

LISA STRAHAN, NATIONAL MARKETING MANAGER, FERNWOOD FITNESS





# CREATING IMPACT

IN UNFORGETTABLE WAYS





# CONTACT

*Let's chat*

Get in touch today to discuss speaking engagements, brand partnerships and other opportunities with Taryn.

**CARIN POLE**

EXECUTIVE ASSISTANT

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