

# TARYN *BRUMFITT.*

SPEAKER. FILMMAKER. AUTHOR.  
GLOBAL IMPACT LEADER.



# 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 \$6.2M 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



"Taryn is warm, joyous and dedicated. The motivation she offers will set you on the right path."

**TERESA PALMER**  
ACTRESS



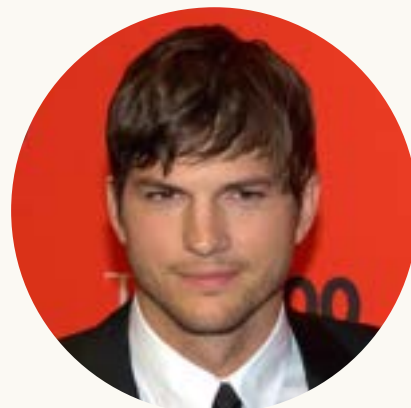
"I have long admired Taryn's total acceptance of her body. We can all learn from her!"

**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



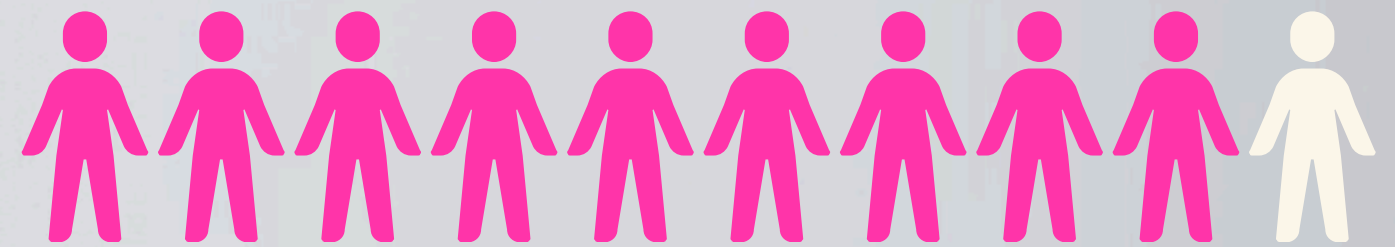
"Taryn's film is a conversation starter, it needs to be seen by women, men and children far and wide."

**GINA DAVIS INSTITUTE**





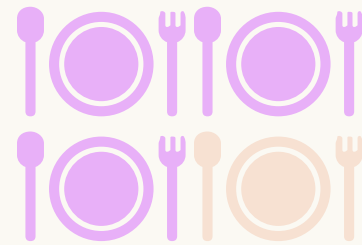
We were **NOT** born into the world hating our bodies. It's something we've been taught.



**9 OUT OF 10 WOMEN**  
want to change something about how they look.



# For too long, one idea of beauty has been represented ... and the result?



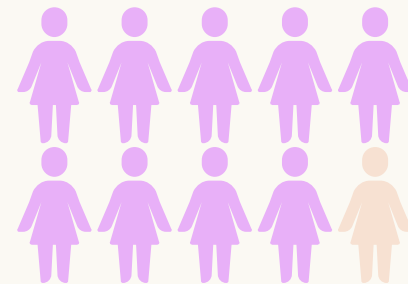
**91%**

OF ADULT WOMEN WANT TO BE THINNER



**77%**

OF ADOLESCENTS REPORT BODY IMAGE DISTRESS



**AGE 3**

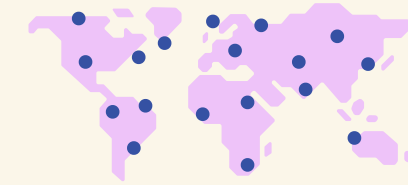
CHILDREN START TO TAKE ON MESSAGES ABOUT BODIES

Taryn founded The Body Image Movement in 2013 to empower people globally to embrace their bodies.

Through cutting-edge research, the movement promotes body acceptance, challenges harmful media messages,

and shares stories from the heart and resources for the mind. Her impact spans blockbuster films, best-selling books, keynote speeches, and innovative workplace and online programs, leaving no stone unturned in this vital mission.

## Who Taryn's reaching



**200 million**

PEOPLE AROUND THE WORLD



**1 million**

KIDS IN AUSTRALIA IN BOTH 2023 AND 2024



**190**

COUNTRIES



I'm super excited to be a part of this film

**CELESTE BARBER**

EXECUTIVE PRODUCER  
EMBRACE KIDS





# INSPIRING AUDIENCES

A MESSAGE FOR EVERYBODY, EVERYWHERE.

## FILMS



## EMBRACE (2016)

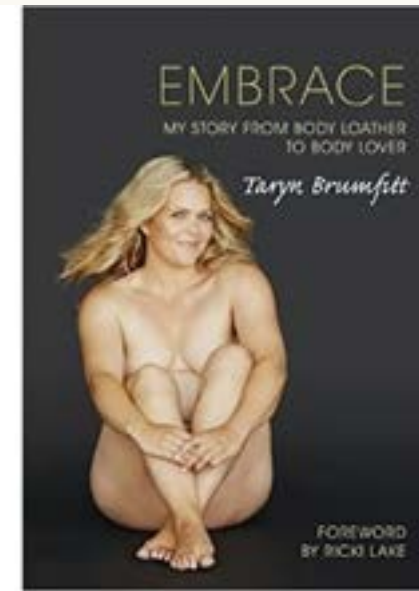
*Embrace* tackles the serious issue of women's body loathing, and Taryn's own journey to body acceptance. It became one of the most successful documentaries in Australian history — reaching millions of viewers in 190 countries. It generated more than \$4 million in global revenue, and continues to transform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



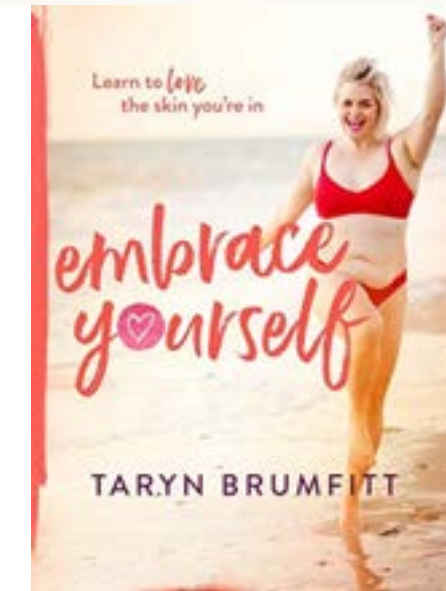
## EMBRACE KIDS (2022)

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.

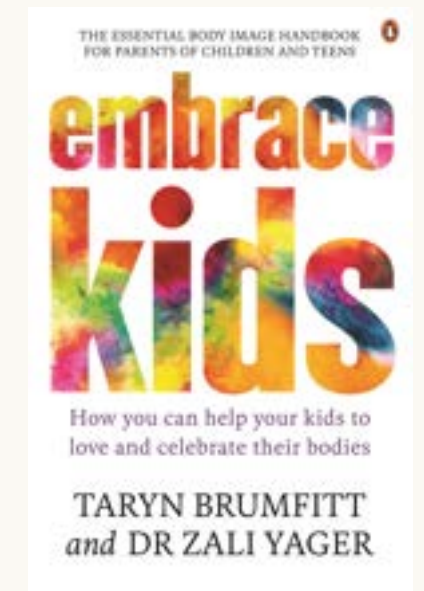
## BOOKS



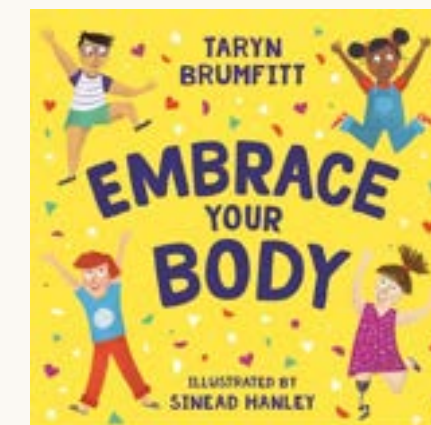
## EMBRACE: MY STORY FROM BODY LOATHER TO BODY LOVER



## EMBRACE YOURSELF



## EMBRACE KIDS



## EMBRACE YOUR BODY



## CHICO THE SCHNAUZER



# 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





**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





“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**



“Working with Taryn for our conference was a pleasure. Her energy, professionalism, knowledge and leadership lifted our conversation and made it incredibly memorable for attendees.”

**DEBORAH HOLE | COMMUNICATIONS LEAD, PINTEREST**



“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**

**SHE’S MIC’D UP FOR ...**





# KEYNOTE TOPICS

## 30/45-MINUTE KEYNOTE SPEECH AND 15 MINUTES Q&A

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### GET IT

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 YOUR BODY – EMBRACE YOUR LIFE

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.



# KEYNOTE TOPICS

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## EMBRACE KIDS

As parents, teachers and carers, we only want the best for our kids, but in this post-COVID, digital era, the practical question is – how?

In this powerful, eye-opening presentation, Taryn shines a light on the global epidemic of body shaming and self-hate that is plaguing ourselves and our children today. Drawing on a decade of experience on the front lines of fighting this serious global problem, and supported by the latest research from the world's leading body image experts, she backs it up with the hope, inspiration and practical advice all parents need to navigate the issue with confidence.

With her trademark optimism and determination, Taryn leaves her audience armed with the practical knowledge they need to lead by example, empowered to play their own part in building better body image for themselves, their kids and for the generations to come.

### TAKE OUTS:

Clear, actionable steps to help the young people in your life to embrace their bodies.

How to start our own Embrace journey so you can live by example.

How to set boundaries in the social, family, community and digital environments to help protect your kids.





# DIGITAL COMMUNITY

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



FACEBOOK  
420K

@bodyimagemovement



INSTAGRAM  
145K

@bodyimagemovement



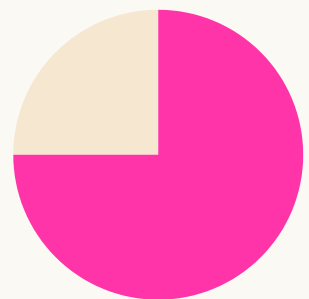
DATABASE  
25K



GLOBAL  
REACH  
200 MILLION

# WE ARE FACING AN EPIDEMIC OF MENTAL HEALTH

*challenges*



**77%**

of young people are  
in body image distress

(Milton et al., 2021)

This makes them

**24x**

**more likely** to develop  
anxiety and depression  
and more likely to  
develop eating disorders

(McLean et al., 2021;  
Bornioli et al., 2021)



**\$69  
BILLION**

in productivity  
losses due to body  
dissatisfaction in  
the US each year

(2022 Deloitte Access  
Economics Report)

Body image concerns and eating disorders disproportionately impact girls and women, holding them back from success in school, work, and life.

This creates barriers to advancing women in leadership and prevents us from achieving gender equality.



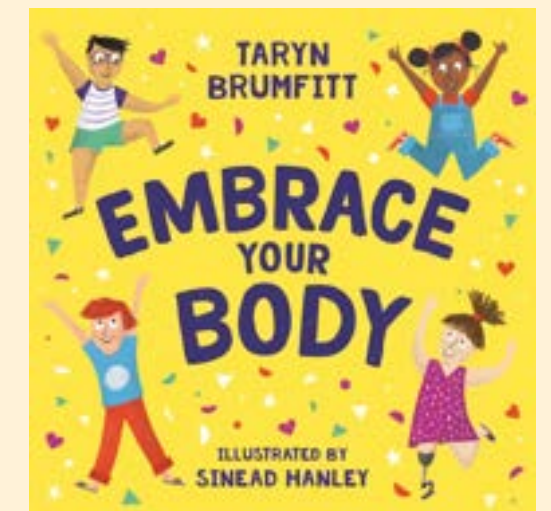
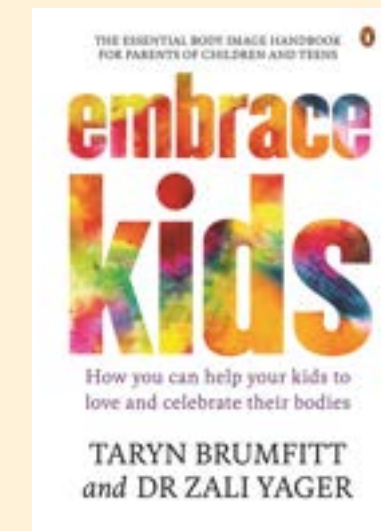
# WE'VE GOT THE *solutions*

Taryn and Dr Zali Yager stepped up, launching The Embrace Collective – a health promotion charity dedicated to changing these alarming stats. Funds raised by the charity go directly to changing the lives of millions across the world – so that everybody can embrace.

## WE'RE TAKING ACTION FOR THE NEXT GENERATION

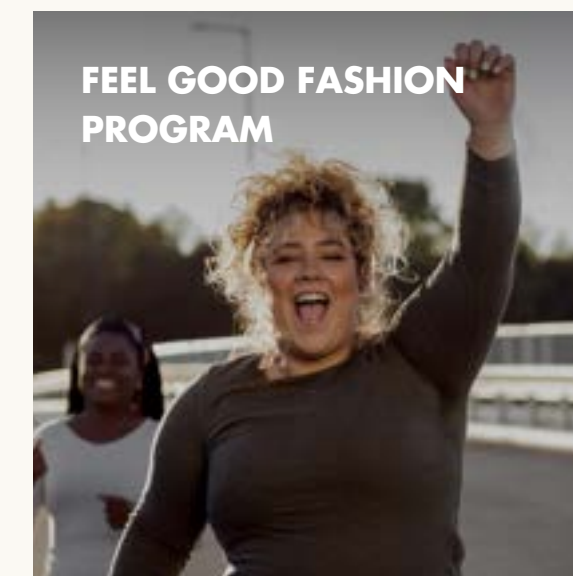
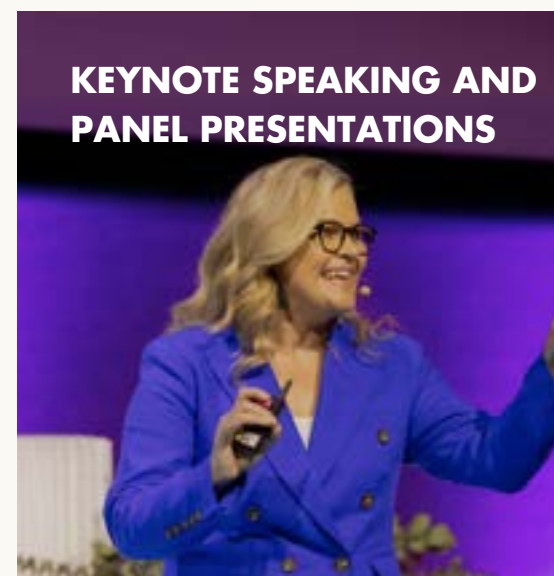
Through The Embrace Collective, we're providing programs and resources for all of the places where young people LIVE, LEARN AND PLAY.

**EARLY LEARNING • SCHOOLS • SPORT AND PHYSICAL ACTIVITY • HOMES**



## WE'RE TAKING ACTION FOR ALL

Through the Body Image Movement, we're raising awareness, making noise, and creating change through corporate wellbeing programs, consulting and advisory services, media, speaking, and advocacy.





# Embr@ce WORK

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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 is a significant barrier for women in leadership and achieving gender equality.

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.

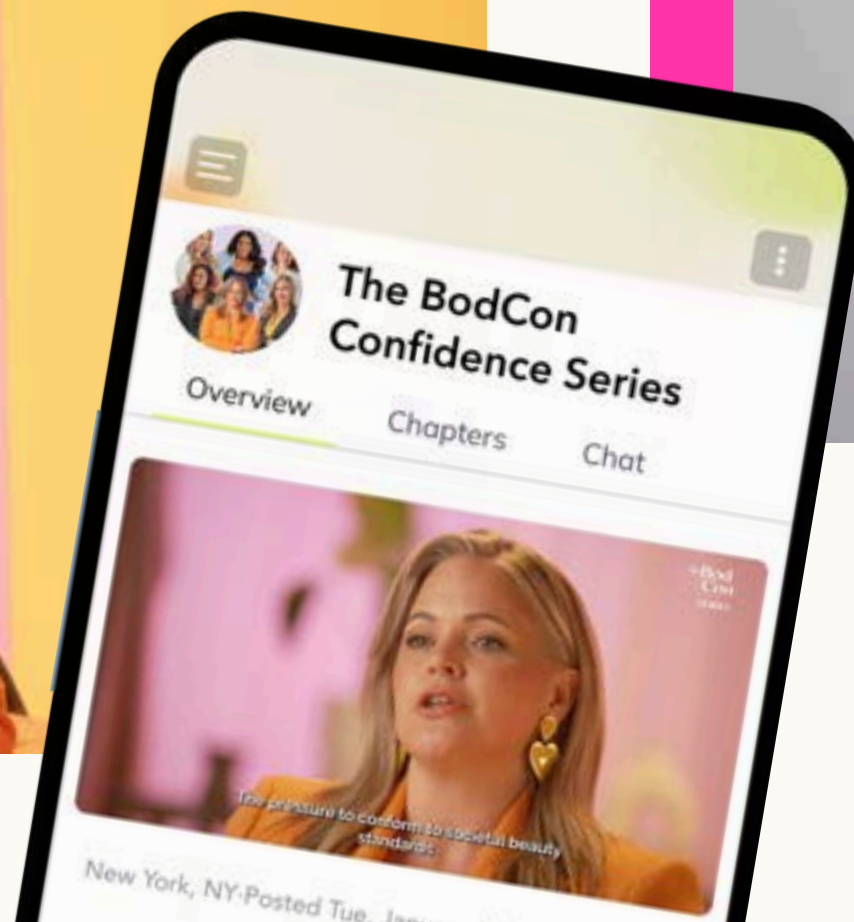




# COLLABORATIONS

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**

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