

TARYN *BRUMFITT.*

AWARD-WINNING FILMMAKER

BESTSELLING AUTHOR

KEYNOTE SPEAKER

MEDIA KIT



THE STORY SO FAR

Fuelled by her infectious energy and unrelenting determination, Taryn Brumfitt's crusade for meaningful change has reached more than 200 million people around the world. She has taken the stage at Google HQ in Silicon Valley, travelled around Australia on a multi-city tour for Business Chicks and was named GE's highest-rated speaker.

From a Facebook post to a worldwide movement, Taryn knows what's possible when you embrace your life and purpose - because she's done it.

In 2013, Taryn posted a photo on Facebook that turned the typical before-and-after on its head to encourage her friends to love their bodies. She hit 'post' and went to bed, with no idea her photo was about to go seriously viral.

Nearly 10 years on, that iconic image has spun out into the social-change documentaries *Embrace* and *Embrace Kids*, four bestselling books and more than 100 keynote addresses. Taryn was a South Australian finalist for Australian of the Year in 2019, and has been recognised by United Nations Women.

With a powerful message and unwavering commitment to her cause, Taryn Brumfitt is a true force to be reckoned with.



IN OTHER WORDS...



“This is good for the world.”

ASHTON KUTCHER | ACTOR



“Taryn will literally change your life.”

MIA FREEDMAN | JOURNALIST AND FOUNDER, MAMAMIA



“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



“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

A FORCE TO BE RECKONED WITH

FROM CHANGING THE CONVERSATION ABOUT BODY IMAGE TO CHANGING LIVES,
TARYN'S IMPACT IS UNPARALLELED.

2x

international films

4x

bestselling books

200 MILLION

people reached globally

- Delivered a talk at Google HQ in Silicon Valley that was live-streamed to every Google office around the world
- GE's highest-rated speaker
- 2019 Australian of the Year, SA finalist
- EY Entrepreneur of the Year, South Australia
- Finalist, Australian Financial Review 100 Women of Influence 2018
- SA Award for Excellence in Women's Leadership from Women and Leadership Australia
- Named alongside Emma Watson and Beyoncé in Germany's Brigitte magazine's 'Woman of the Year'
- Recognised by international advocacy groups including United Nations Women, Amy Poehler's Smart Girls and the Geena Davis Institute

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:

The Washington Post

Los Angeles Times

THE Doctors

THE PROJECT

abc GOOD MORNING AMERICA

AUSTRALIAN STORY

Today





SPEAKING OUT

UPLIFTING, WISE AND EMPOWERING, TARYN IS ONE OF THE WORLD'S MOST IN-DEMAND KEYNOTE SPEAKERS.

Taryn has delivered more than 100 keynote addresses, captivating diverse audiences with her trademark combination of candid life experiences and research-backed insights.

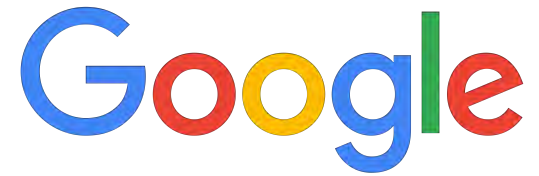
She has taken the stage for some of the world's most iconic brands like Google and GE, and inspired scores of Australian and international organisations including L'Oréal, Sky News, Lorna Jane, Business Chicks and CPA.

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

- Leadership
- Building high-performance teams
- Embracing life
- Breaking the rules to achieve your goals
- Social change

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

Named GE's highest-rated speaker.



“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



“Taryn was a hoot to work with! She brought our audience to their feet with her no-holds-barred approach to loving their bodies more and bringing an awareness to the issue with an unparalleled level of passion and enthusiasm that only Taryn can.”

EMMA ISAACS | FOUNDER AND GLOBAL CEO, BUSINESS CHICKS



“On the day she delivered a memorable, punchy session with new content that had everyone laughing and leaving inspired - just what we were after! The session was really well-reviewed with delegates commenting on the passion that Taryn brought to her session.”

RACHEL BAKKER | EVENT MANAGER, CPA AUSTRALIA



INSPIRING AUDIENCES

A MESSAGE FOR EVERYBODY, EVERYWHERE.

FILMS



EMBRACE (2016)

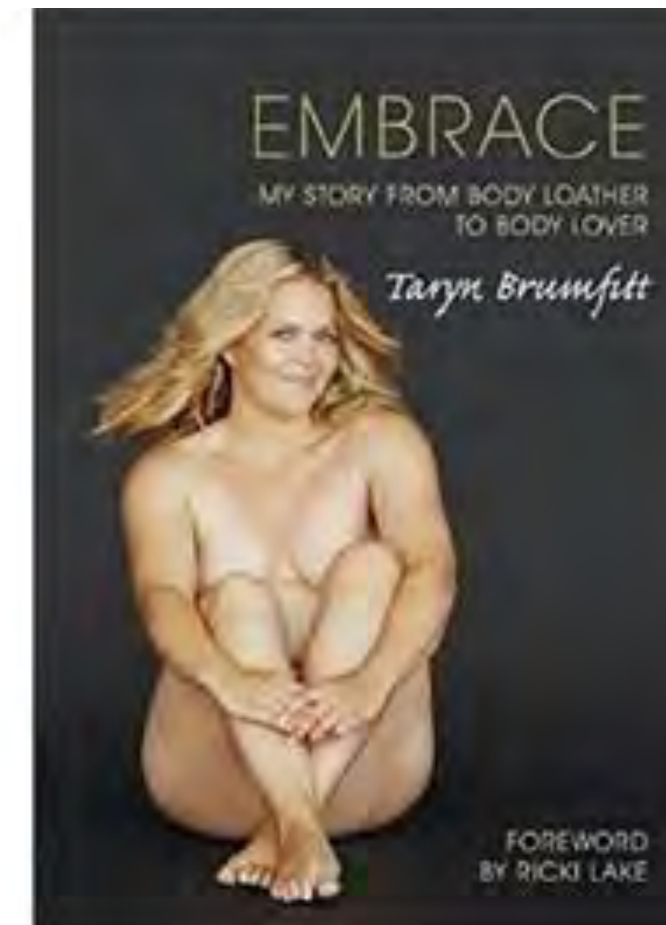
One of the most successful documentaries in Australian history, generating more than \$3.5 million in global revenue and transforming lives around the world.



EMBRACE KIDS (2022)

The compelling follow-up to Embrace brings together Taryn's powerful message and an all-star cast to help young people love and celebrate their bodies.

BOOKS



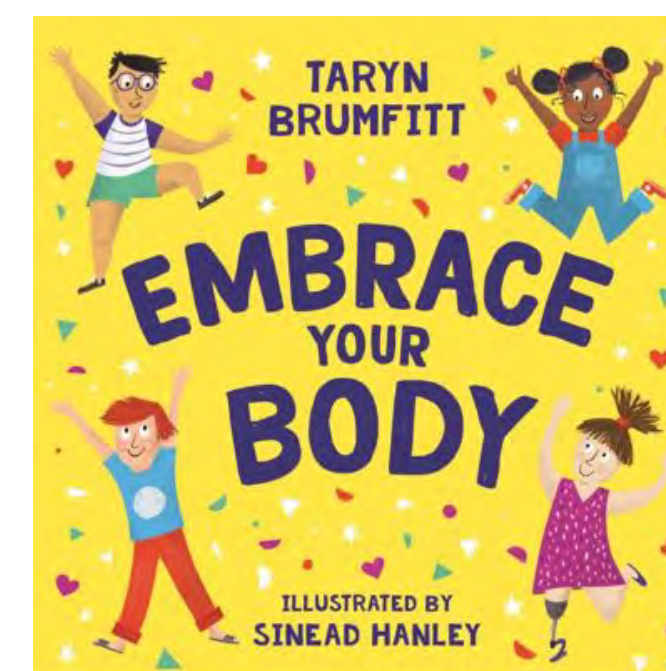
EMBRACE: MY STORY FROM BODY LOATHER TO BODY LOVER (2015)

The no-holds-barred account of Taryn's personal journey to embrace her body.



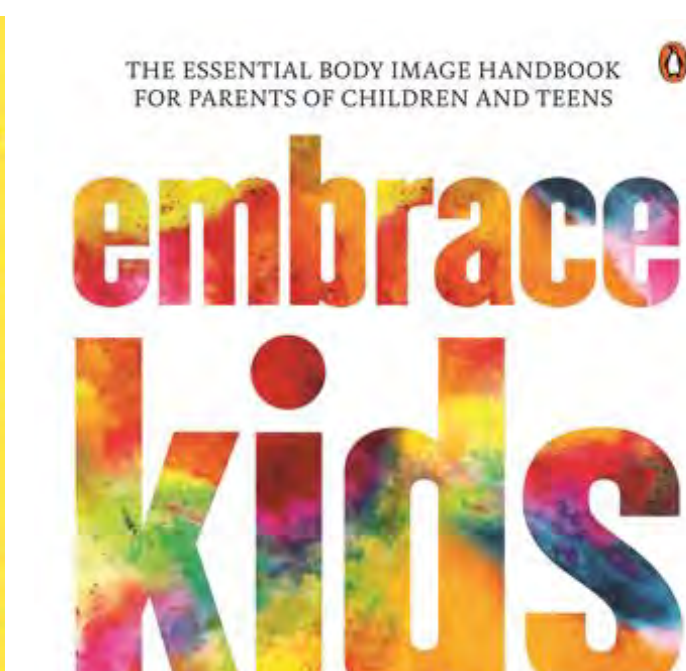
EMBRACE YOURSELF (2018)

The ultimate how-to guide to loving your body at every shape and size.



EMBRACE YOUR BODY (2020)

A picture book for early learners about loving who you are, inside and out.



EMBRACE KIDS (2022)

The essential body image handbook for parents of children and teens.

TARYN BRUMFITT
and DR ZALI YAGER

DIGITAL COMMUNITY

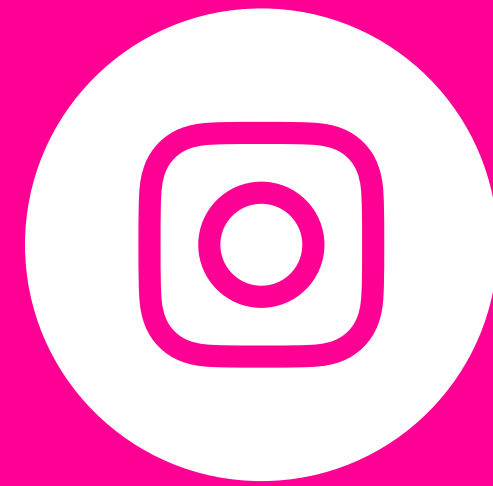
Taryn has developed a loyal, passionate and highly engaged digital community, with well over half a million social followers and subscribers.



TWITTER
11K



FACEBOOK
420K



INSTAGRAM
114K



DATABASE
90K



**GLOBAL
REACH**
200 MILLION

CASE STUDY - AMBASSADORSHIP



Taryn worked with the women's fitness brand to develop a comprehensive 12-month campaign across multiple channels including social media, video content, the 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



CASE STUDY - CAMPAIGN



Taryn partnered with Swimwear Galore for their #IWillEmbraceSummer campaign.

“In the summer of 2017 we reached out to Taryn Brumfitt and the Body Image Movement to collaborate on our ‘I Will Embrace Summer’ campaign that encouraged all Aussie women to embrace their curves, stretch marks, cellulite and scars on the beach this summer.

*Taryn’s involvement gave our campaign an authentic voice and, along with her highly engaged audience, helped us to take our campaign to the next level. **During the period of the competition, our engagement rate on Instagram was 1.63% (up 92.8%) and when we posted about Taryn and the Body Image Movement our posts averaged 1.75%.** Overall, our Instagram following increased by 56% and this was in great part due to our collaboration with the Body Image Movement.”*

CAZ SKUDAR, OWNER, SWIMWEAR GALORE



CONTACT

LET'S CHAT

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

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