

A black and white portrait of Taryn Brumfielt, a woman with long, wavy blonde hair, wearing a black turtleneck sweater. She is smiling slightly and looking directly at the camera. Her hands are on her hips.

TARYN *BRUMFIETT.*

SPEAKER. FILMMAKER. AUTHOR.
BODY IMAGE ADVOCATE.

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
- 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
- Recognised by international advocacy groups including United Nations Women, Amy Poehler's Smart Girls, and the Geena Davis Institute
- Raised \$6.2M for The Embrace Collective charity
- Editor in Chief of *Embrace* magazine

As the founder of the Body Image Movement and Co-Executive Director of The Embrace Collective, Taryn has reached over 200 million people worldwide with her unrelenting energy and drive. As a globally accomplished filmmaker, speaker and impact entrepreneur, she leads with purpose and compassion. Whether taking the stage for top global brands, on the mic, behind the camera, or co-creating branded campaigns, Taryn's 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 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 is warm, joyous and dedicated. The motivation she offers will set you on the right path."

TERESA PALMER
ACTRESS



"Taryn is one of the greatest public speakers I have had the privilege to hear speak in person."

BRUCE DJITE
SA EXECUTIVE DIRECTOR



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

OLIVIA NEWTON-JOHN
ACTRESS



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

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

KEYNOTE TOPICS

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

EMPOWER

Hundreds of millions of people saw Taryn Brumfitt's unexpectedly viral Facebook post 10 years ago, but she saw something else: the chance to change lives. Through masterful storytelling, the 2023 Australian of the Year shares how she seized the opportunity to turn this one candid moment into a game-changing global movement.

Through a decade of hard work, determination, and plenty of polite persistence, Taryn has inspired millions of people around the world, changed countless lives, produced two award-winning documentaries, written five books and been recognised for her achievements by organisations as esteemed as UN Women. For Taryn, success filters down to one key thing – the mindset of empowerment.

With refreshing authenticity and her trademark sense of humour, Taryn takes you behind-the-scenes to see how she made it happen, delivering candid insights and actionable advice on how you can adopt the mindset of empowerment to achieve your goals – even if you have to break a few rules along the way.

TAKE OUTS:

Empowerment in action: How self-belief, grit and persistence trump luck – every time

How to apply the mindset of empowerment to strengthen leadership and cultivate resilience

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

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

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





“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 ...



INSPIRING AUDIENCES

A MESSAGE FOR EVERYBODY, EVERYWHERE.

FILMS



EMBRACE (2016)

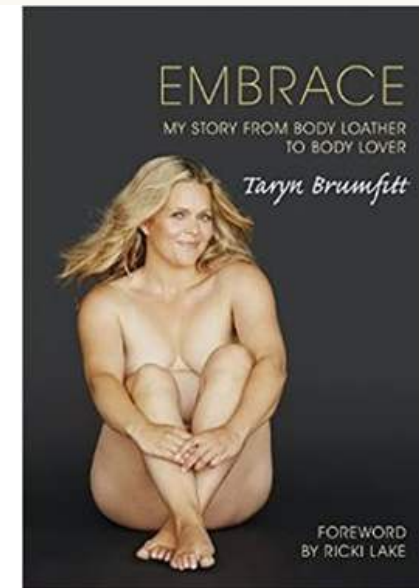
One of the most successful documentaries in Australian history, generating more than \$3.5 million in global revenue and transforming lives around the world.

BOOKS

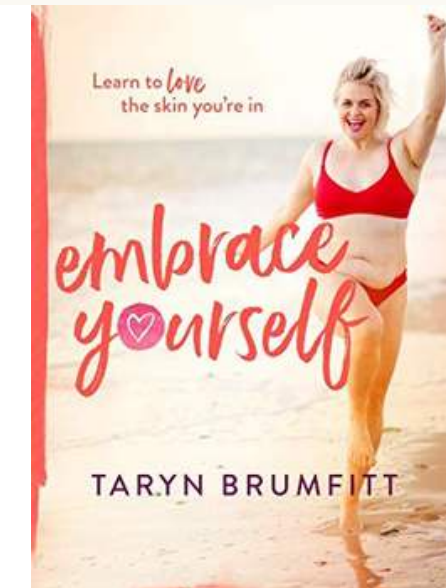


EMBRACE KIDS (2022)

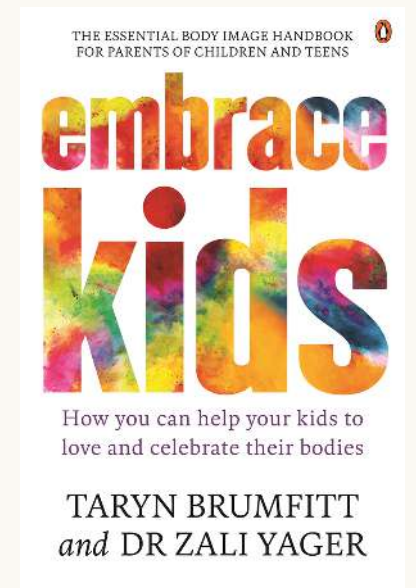
The compelling follow-up to EMBRACE brings together Taryn's powerful message and an all-star cast to help young people love and celebrate their bodies.



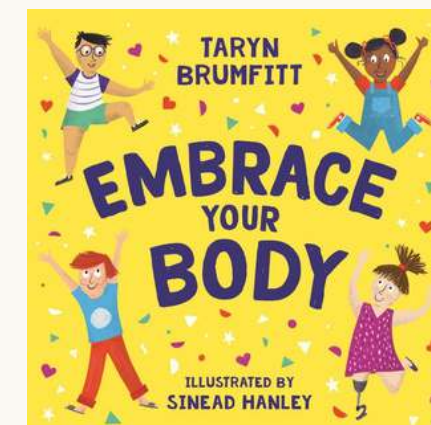
EMBRACE: MY STORY FROM BODY LOATHER TO BODY LOVER



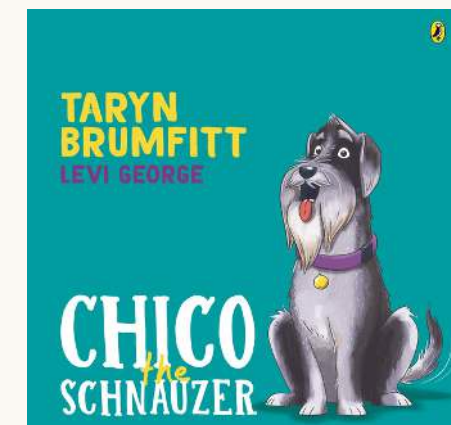
EMBRACE YOURSELF



EMBRACE KIDS



EMBRACE YOUR BODY



CHICO THE SCHNAUZER

CREATING IMPACT

IN UNFORGETTABLE WAYS



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



ENGAGING.
VIBRANT.
EXPERIENCED.
UNFORGETTABLE.

tarynbrumfitt.com