

Kate Atkin

Speaker | Author | Facilitator | Coach

Kate Atkin is an inspirational speaker, training consultant and coach. With nearly 20 years of experience as a trainer and facilitator, Kate has worked with many clients on business, management and communication issues. A highly skilled listener, her style is both supportive and challenging.



Kate comes from a farming background in Lincolnshire and now lives in Cambridge. She had a successful career with Barclays Bank plc before starting her own learning and development business in September 2000.

In 2015 she completed an MSc in Applied Positive Psychology which has brought insights into well-being, meaning and positivity that she is incorporating into her work. This also led to opportunities to lecture at Cambridge University Judge Business School on their EnterpriseWISE programme and their post-graduate diploma in entrepreneurship. Kate is continuing with her research, currently focussing on courage, confidence and the imposter phenomenon.

Kate is author of The Presentation Workout, The Confident Manager and co-author of The Business of Professional Speaking, and author of two tips booklets, The Confidence Factor and The Networking Factor.

Specialist areas:

- Positive Psychology at Work
- Effective Presentations
- Strengths Analysis
- Networking Skills
- Well-being and flourishing
- Confidence Building
- The Imposter Phenomenon
- Motivational Leadership
- Influence & Impact
- Customer Service
- Business & Personal Values
- Managing your personal energy & stress levels
- Clarity and impact in spoken & written communications

Clients include:

- Bank of England
- Cambridge Building Society
- Institute of Mechanical Engineers
- NHS
- Royal Society of Chemistry
- Granta Design

Qualifications:

- MSc in Applied Positive Psychology
- MBTI accredited
- R2 Strengths Profiler Practitioner
- Extended DISC practitioner
- Transactional Analysis (TA 101)
- Member of the Association for Coaching
- Fellow of the Professional Speaking Association
- CIPD Certificate in Training Practice
- NVC (Non-violent communication) Training
- Language and Behaviour Profiling
- NLP Practitioner

Career highlights:

- Winner of the District Level Speech Evaluation Contest with Toastmasters International, #1 in UK and Ireland 2007
- District finalist in impromptu speaking competition with Toastmasters 2007
- Training Rio de Janeiro business delegation to London 2012 in networking skills
- World Debating Champion 2001
- Most Outstanding Trainer in JCI UK for 2005
- Publication of The Confident Manager 2008
- Quoted in Financial Times 2013
- Publication of The Presentation Workout 2015
- Guest lecturer Cambridge University Judge Business School 2015
- AND Passing my MSc with distinction in 2015!