**Kim Forrester**

**Holistic Well-Being Educator | Author | Speaker**

**Kim Forrester is a mother, nature lover, global traveller, holistic well-being advocate and kindness enthusiast. As an award-winning author, educator and consultant, she combines cutting edge science with spiritual philosophy to inspire holistic well-being and fullness of living.**

She has featured in media throughout Australia, New Zealand, Asia and the USA and regularly contributes to well-being and lifestyle publications all over the world. An experienced and engaging speaker, Kim is available to talk on a wide range of wellness and lifestyle topics. She is also the host of the Eudaemonia podcast, where she takes a deep dive into the habits and traits that can help us flourish in life.

Kim earned a Diploma of Arts (Philosophy) through Massey University, and her first book, Infinite Mind, was awarded a Silver Medal in the global 2016 Living Now Book Awards.

Born in Aotearoa-New Zealand, Kim has spent more than two decades as a global citizen, living in several countries throughout Europe, South-east Asia, and the Pacific. [**www.kimforrester.net**](http://www.kimforrester.net)

### **Byline**

[Kim Forrester](https://kimforrester.net/) is an award-winning author, holistic well-being educator, and consultant. She blends science with spiritual philosophy to inspire fullness of living, and regularly contributes to well-being and lifestyle publications all over the world. Her award-winning book, Infinite Mind, is a collection of true psychic experiences and the modern research that is beginning to explain these phenomena.

### **Social Media**

### **Facebook:** Kim Forrester Holistic Wellness (@iamkimforrester)

**Instagram**: @iamkimforrester

**YouTube:** @iamkimforrester

**Supernova**: @iamkimforrester

### **Press Topics**

* Holistic well-being: the importance of well-being from the inside, out.
* Four ways to choose happiness.
* Career or calling? How to set authentic goals.
* Authentic living: are you really being ‘you’?
* Ageing gratefully: healing our attitude toward ageing.
* ****Kindness: the ultimate superpower.
* Is success failing us? Dissecting the superficiality of modern 'success'.
* General well-being and modern spirituality topics.