

# Kim Forrester

Holistic Well-Being Educator | Author | Speaker | Podcast Host



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. She currently resides in

Singapore and yet, in her heart, still carries the misty gullies and rolling hills of the Waikato valley.  
[www.kimforrester.net](http://www.kimforrester.net) | [www.eudaemoniapod.com](http://www.eudaemoniapod.com)

## Byline

[Kim Forrester](#) 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. She is the producer-host of the Eudaemonia podcast, on which she explores the traits and practices that help us flourish in life.

## Social Media

**Facebook:** Kim Forrester Holistic Wellness

**Instagram:** @iamkimforrester

**Twitter:** @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.

