

# Kate Langford – The Busy Brain Operating System™

Because behind every capable woman is a busy brain she can finally turn into her advantage

IWD rooms are full of women who organise, plan, support, fix, lead and care, often all at once. And at the centre of that load is their busy brain, a part of themselves that's rarely acknowledged or understood. Kate gives them the validation and language they've never been given, along with practical tools that help them work with their wiring and step into a more focused, confident and empowered way of operating.

## The Busy Brain Advantage

Women today aren't just wearing multiple hats; they're carrying the whole wardrobe. They're navigating:

- Mental overload from being the organiser, the thinker, the planner, the fixer
- Invisible labour at home and emotional labour at work
- Career expectations while juggling school drop-offs, ageing parents or running a business
- High performance on the outside and self-doubt on the inside
- A constant push to "do it all" without ever being shown how to do it sustainably

At the centre of it all is the one thing women rarely get space to understand: their busy brain. Kate's keynote gives women the validation, language and permission to make sense of how they think. Through the BUSYBOS™ Framework, they learn how their brain works, how to work with their wiring, reduce mental load and rebuild genuine confidence.

Attendees walk away equipped with practical tools and the validation they've been missing to set boundaries, decide with clarity and create rhythms that actually work.

## What They Say

*"Kate has a rare ability to connect with audiences - combining authenticity, warmth, and practical wisdom in a way that inspires action. Whether addressing a small group or a large gathering, she communicates with confidence and heart, leaving people not only informed but genuinely motivated."*

Clare McCarthy, Non-Executive Director, SCWBN & Business Coach

*"Kate's energy and keen insight are a blessing. After struggling alone to set up my business, just one session with Kate has given me renewed focus."* Louise Mitchell, BAP client

*"Kate brings an exceptional blend of energy, clarity, and genuine care to every message she delivers. She has a rare ability to translate complex ideas into practical, empowering guidance that can be immediately applied. What truly distinguishes Kate is her authentic connection with her audience. She speaks with honesty, passion, and lived experience, helping individuals to recognise their strengths and articulate their value. I highly recommend Kate Langford to any organisation, university, or event seeking a speaker who can deliver substance, inspiration, and genuine transformation."* Khalil Aljerjawii, Ph.D., Academic Lecturer, Western Sydney University

## A Unique Perspective

This keynote celebrates the brilliance of women who have been the backbone, the stability, the support system, the leaders, the mothers, the carers and the doers, and it finally shows them how to support themselves.

Kate brings humour, honesty and lived experience: three kids under 11, two seven-figure businesses, a 16-year corporate career and the author journey behind *Have Your Cake and Eat It Too*. She advocates for women to do what they love, not just what they know, which is a belief that has shaped her career, her businesses and her coaching philosophy.

Her perspective is refreshingly real, deeply validating and instantly relatable. Kate has a unique ability to name the things women feel but rarely say out loud, creating immediate connection and trust. She makes every woman in the room feel seen, understood and empowered.

This is not motivation for a day. It is a shift in how women think, lead, parent and live every day.



# KATE LANGFORD

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Book Kate