

Kate Swoboda



Kate Swoboda is a facilitator and speaker on the topic of habit-formation and psychological courage/emotional resilience, and the author of *The Courage Habit* (New Harbinger Publications). She also speaks on women's leadership and well-being, and helps companies to elevate the voices of women in the workplace.

At YourCourageousLife.com she teaches about the research-backed habits that cultivate more courage and emotional resilience against stress. Kate was deemed one of the top 50 bloggers making a difference in fitness, health, and happiness by Greatist, and she has brought the principles of The Courage Habit to conferences and companies.

Press

“Kate Swoboda has a beautiful gift for interpreting what's really going on. Like that friend who can read you in a glance, Kate can get to the meaning of a situation in one phrase. It's a kind of clear courage that inspires more courage in others.”

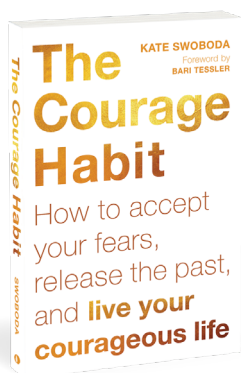
—Danielle LaPorte, author *The Desire Map*

“One of the top books on habits”

—Book Riot, 2019

“William Wallace, Shmilliam Shmwallace. You're the Braveheart here, according to Swoboda. Her site, Your Courageous Life, encourages men and women to take chances, be brave, and start their own personal revolutions. Via life coaching and inspiring blog posts, Swoboda is dedicated to teaching all of us how to embrace our inner courage, every day and in every situation.” —Greatist

Book



The Courage Habit: How to Accept Your Fears, Release the Past, and Live Your Courageous Life is available at booksellers everywhere from New Harbinger Publications. Combining the science of courage with the neuropsychology of habit-formation, *The Courage Habit* will show you how to stop letting old fear routines limit your life, your creativity, your ideas, and start making bold moves in the direction of your dreams.

For businesses and organizations, *The Courage Habit* will help leaders and teams cultivate the kind of courage that leads to more fulfillment from work, better cooperation and communication among teams, improved work-life balance, and showing up each day knowing that they matter.

AS SEEN IN



Forbes



“One of the Top 100 Life Coach Blogs on the web.”

—Feedspot Blogs

FAVORITE TOPICS

- Cultivating courageous habits, for greater stress resilience and well-being.
- How courageous habits positively impact corporate leadership.
- The science of courage + the neuropsychology of habit-formation as it applies to health + wellness, parenting, women's leadership, business + marketing, and creating more positive relationships.

BOOKING

For interview requests or speaker inquiries, reach out via email with information about your podcast/media outlet or the scope of your event.

Contact:
support@yourcourageouslife.com

SOCIAL MEDIA

@YourCourageousLife

@katecourageous

@katecourageous

Burst of Applause



Do you feel the need for a change in your life—a new job, a new purpose? Don't let fear hold you back. You too can find the courage to change with the wisdom collected by Kate Swoboda in this helpful, cheerful, and delightfully readable book.”

Daniel H. Pink | *New York Times* best-selling author of *DRIVE* and *A WHOLE NEW MIND*



“THE COURAGE HABIT combines the latest research into what creates genuine change with the spiritual view that fear is a gateway to fearlessness. Drawing on her experience coaching clients, personal stories, doable (non-silly) exercises, and her ever-present warmth, this book teaches you the four key habits to face what is holding you back and live your most courageous life.”

Susan Piver | author of *“Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation”*



“If there's anything I've learned and taken to heart in the last few years, it's that we only have one life to live and we could all stand to spend more time on what makes us happy and less time feeling like we're about to implode from anxiety, shame, guilt, and fear. THE COURAGE HABIT is a great reminder that YOU control your destiny and YOU have the power to make changes from the inside out—to have the life you want, need, and deserve.”

Sarah Knight | *New York Times* bestselling author of *The Life-Changing Magic of Not Giving a F*ck* and *Get Your Sh*t Together*



“Stop running on autopilot and start living the authentic, fulfilling life you've been yearning for with THE COURAGE HABIT. Kate Swoboda's practical tools based on scientific research will teach you how to work with your fears, tap into your deepest desires, and build the skills to make your big visions real. Through her vulnerable truth-telling and compassionate curiosity Kate models THE COURAGE HABIT and you'll feel like she's right there in your corner as you take each courageous step forward.”

Jennifer Lee | author of *The Right-Brain Business Plan*

Burst of Applause



THE COURAGE HABIT is a definitive guide to your new understanding of fear and courage and what they really are, and how they can both be reshaped to support the life you actually want to live. THE COURAGE HABIT will help you to stop trying to be “fearless,” and start creating something deeper and richer for your life: living from a place of courage. And what that will produce for your life is truly revelatory.”

SARK | *author, artist, inspirationalist PlanetSARK.com*



“THE COURAGE HABIT is the perfect blend of ‘I’ve been there too’ personal stories from Kate, inspiring client stories, and evidence-based strategy to not only just ‘feel more courageous’, but to turn courage into a daily habit for you. What a refreshing, practical, smart take on a much needed quality that each of us needs to live a meaningful life!”

Kate Northrup | *Bestselling author of Money: A Love Story and creator of Origin*



“Open this book and find the insights and tools to work with your fear in an entirely new way. Being afraid is part of being human but with Kate’s well-researched and client-tested guidance, that’s no longer bad news. With this book in hand, you will be able to choose much more often to do and create what you most desire. Allow Kate’s wise guidance to shine light wherever fear has you crimped and doubting. And then celebrate the heck out of what happens.”

Jennifer Loudon | *author of The Woman’s Comfort Book and The Life Organizer*



“In self-help today, the term “fearless” has taken wings and can make people feel like they’re “doing it wrong” if they still have fear. Kate so gracefully and clearly tells the reader how to work with fear, pinpoint our fear-based Stories in order to reframe them, and live their most courageous life. Every chapter in this book is a gem!”

Andrea Owen | *author of 52 WAYS TO LIVE A KICK-ASS LIFE and HOW TO STOP FEELING LIKE SH*T*



“This book presents an important message: courage can be cultivated. You aren’t born with it, and it can’t just manifest it out of the sky. However, just as the title promises, you can learn habits that increase your courage over time. Practice your first act of bravery by reading this book!”

Chris Guillebeau | *NYT bestselling author of SIDE HUSTLE and THE HAPPINESS OF PURSUIT*