

Bio: Natalie Tolhopf

Company Name: [Catapult Your Business](#)

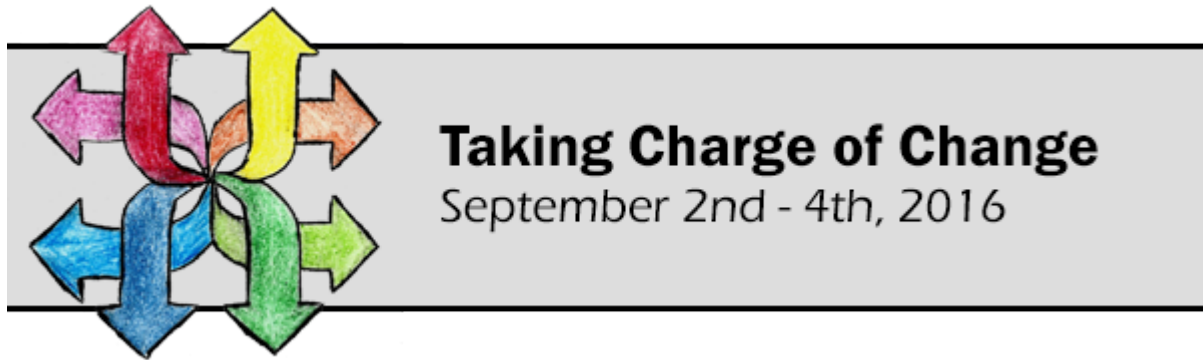
Natalie Tolhopf knows what it's like to try and fit in where you don't see how it could work. Working as a chef in male-dominated, hot, and pressurized kitchens, she kept focused on her passion and learned from the best in the UK and Europe.

She took these skills into the development of a new café in New Zealand which made her see how important business planning and systems were. There, she discovered a rewarding love of teaching others how to be their best and realized her own worth and that it is okay to highly value yourself, your skills and experience.

From working in small business, she moved into a hospitality and tourism school tutoring young people in the importance of their own efforts and attitudes in even a large organization. Despite having a two-year-old and another baby on the way, Natalie was given the opportunity to run the business where she was in her flow, pushing the limits.

Knowing some time before that she would take the leap into launching her own business, she waited until the time was right and then ... went for it! Natalie stopped playing small. She stopped hiding, stepped up, built upon her own journey, and started to inspire and uplift women to showcase themselves to catapult their business!

More about the 2016 Kinesiology Conference at
<http://www.kanz.co.nz/index.php/2016/03/kinesiology-conference-2016>



Seminar Session Title:

"Catapult Your Business With Vision, Energy and Action."

Brief description of seminar content:

Pushing, pushing & pushing...Still not getting the results you want. Feeling exhasuted and annoyed with the online world?

Are you feeling like a used car sales man...Trying desperately to get heard amongst the growing numbers?

I will be reminding you of the power of your voice, your energy, you enthusiam and that you are unique to stand out...With ease.

Just by showing up everyday and doing the work.

Starting with a vision. An old fashioned vision board.

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