



# Katherine Anderson

Wellness Pioneer and Digital Innovator

Katherine's journey began with bold ambition, founding a digital advertising agency at 21, which led to a three-decade career in digital marketing, specializing in search optimization and strategy. Now, as co-founder of OneQuest, she combines her expertise with a passion for holistic wellness, guiding individuals to unlock their potential through transformative online learning.

Her personal odyssey of overcoming a severe neck injury through mindfulness, visualisation, and spiritual practices not only fueled her recovery but also deepened her commitment to holistic health, influencing her professional path. This experience has driven her to help others navigate their wellness journeys, fostering resilience and transformation.

AS SEEN IN

LET IT IN  
PODCAST

harmony  
in a hurry

Our Infinite  
Potential  
Podcast

LIVE IN  
FLOW





## INSPIRATION

Katherine's professional ethos is grounded in a deep belief in the interconnectedness of body, mind, and spirit. Advocating for heart-centered living, she faces challenges with courage and gratitude, inspiring and supporting others in their pursuit of personal and professional fulfillment.

Through her work, she empowers individuals to embrace their potential and live with purpose.

## SIGNATURE TOPICS

- ✓ **Self-Discovery and Wellbeing**  
Unlocking transformations through mindfulness, meditation, and breathwork.
- ✓ **Holistic Pain Management**  
Mastering pain through mindfulness, energy healing and breathwork practices.
- ✓ **Spiritual Wisdom**  
Transformative insights through Akashic Records, channeling and energy healing.
- ✓ **Digital Strategy in Wellness**  
Innovative marketing techniques to elevate and expand wellness enterprises.
- ✓ **Blending Creativity with Strategy**  
Leveraging Fine Arts and Business Management to innovate in wellness.

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## LET'S COLLABORATE!

Available for Podcasts, Webinars, Workshops, Panels, Presentations and Keynotes. Newcastle, Australia (AEST).