

Embrace the Movement

Taryn Brumfitt

2023 Australian
of the Year



**TARYN'S ONLY PUBLIC
APPEARANCE IN PERTH**

**Auspire - Australia Day Council WA
invites you to join us for breakfast with
2023 Australian of the Year, Taryn Brumfitt.**

Award-winning documentary filmmaker and bestselling author Taryn Brumfitt was named 2023 Australian of the Year for her advocacy and impact in the body image movement. Taryn speaks to all Australians, supporting us to have better relationships with our bodies in an effort to combat the harmful messages about appearance and beauty ideals that we are subjected to every day. Taryn will discuss her own lived experience that has led to her becoming a driving force in this space, and share how her health promotion charity, The Embrace Collective, is helping the millions of people who struggle with eating disorders, distress and self-harm caused by negative body image. Now identified as a national health priority, Taryn prepares for the next step in her mission to end this global health crisis.

Date: Thursday 10 August 2023
Time: 7.00am - 9.00am
Venue: Banquet Hall, University Club of Western Australia
Tickets: From \$77 via [eventbrite.com.au](https://www.eventbrite.com.au)

For more information, call 0499 111 944 or email events@auspire.org.au



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Australia Day
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Speaker Bio



Taryn Brumfitt

2023 Australian of the Year

Taryn Brumfitt is an award-winning filmmaker, bestselling author and internationally sought-after keynote speaker. Recently named the 2023 Australian of the Year, she is a fiercely passionate advocate for social change and her message has reached more than 200 million people around the world.

Taryn is the co-Executive Director of The Embrace Collective, founder of the Body Image Movement, director of the inspiring documentaries EMBRACE and EMBRACE KIDS, and author of four books. Her global crusade to help people embrace their bodies has seen her recognised by UN Women, Amy Poehler's Smart Girls and the Geena Davis Institute. Taryn has delivered more than 100 keynote addresses, and her talk at Google HQ in Silicon Valley was live-streamed to every Google office in the world.

In 2018, she was recognised in the Australian Financial Review 100 Women of Influence awards and received the SA Award for Excellence in Women's Leadership from Women and Leadership Australia. She was also crowned EY Entrepreneur of the Year, South Australia, and has been named among GE's highest-rated speakers.