

Introducing

**KAIT
RICHARDSON**

KEYNOTE SPEAKER |
PERFORMANCE NUTRITION EXPERT |
REGISTERED DIETITIAN |
TEDX SPEAKER | AUTHOR



INKWELL *ink* MGMT

Hey, I'm Kait— Registered Dietitian, speaker, working mom, and the woman who used to think her lack of discipline was the problem. Spoiler: it wasn't.

After years of skipping meals, running on caffeine, and wondering why my willpower kept failing me, I discovered something that changed everything: biology always wins. When I stopped fighting my body and started fueling it, my energy stabilized, my focus sharpened, and I finally felt as capable as I actually was.

Now I help high-achieving professionals and corporate teams do the same. Not with more strict food rules, but by understanding how to actually fuel their brain and body for the demands of their work and life.

The result? More energy, sharper thinking, and a mindset around food that finally sticks. It's the same transformation I wrote about in my book, *How to Eat Like a Normal Person*.

I speak at corporate events, leadership conferences, and women's summits nationwide. I believe that when you fuel the person, you elevate the performance.

ABOUT KAIT



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“Kait...completely captivated the staff. Her presentation was not only insightful, but it was relatable... We left feeling motivated to change our habits to healthier ones.”

Shamella Knight

OCPS Head Start Conference, 500+ attendees

KAIT RICHARDSON

Kait Richardson is a nutrition speaker, Registered Dietitian, and author bringing a practical, real-world message to women's conferences, leadership retreats, and corporate wellness events nationwide. Her talks challenge the belief that willpower alone is enough, giving audiences a science-backed framework for sustainable energy and feeling good in a full life. Event planners book Kait because her audiences leave feeling energized and motivated to make simple, effective changes to their nutrition!

The Hustle Culture: How High Performers Actually Win Now

High-achievers have been sold a dangerous lie: that success requires more hustle, more sacrifice, and more willpower.

The result? Burnout, chronic exhaustion, brain fog, and high performers who are achieving more than ever while feeling worse than ever.

Kait Richardson is a performance and wellbeing expert who helps high-achievers stop running on empty and start showing up with sustainable energy, clarity, and impact without relying on willpower or burnout.

In this transformative keynote, Kait challenges the outdated beliefs driving today's hustle culture and introduces a new approach to performance...one rooted in energy, not exhaustion. Drawing from nutrition science, biology, and years of experience helping ambitious professionals fuel their lives and careers, Kait reveals why so many high performers are unknowingly working against their bodies and what it takes to create lasting success without sacrificing wellbeing.

Through her signature Full Plate Framework™, audiences will learn how to build sustainable energy, improve focus and decision-making, prevent burnout, and perform at their highest level both personally and professionally.

Audience Takeaways

- A science-backed understanding of why willpower isn't a sustainable performance strategy
- The critical connection between energy, wellbeing, leadership, and long-term success
- Practical tools to prevent burnout and create sustainable high performance
- Strategies to improve focus, clarity, and productivity without adding more to the to-do list
- A simple framework for fueling ambition while protecting health, relationships, and quality of life

Perfect for: women's conferences, leadership retreats, and corporate wellness events focused on burnout prevention and sustainable performance.

You're Not Lazy, You're Depleted: The Biology Behind Sustainable Performance

Are your hardest-working people actually falling behind because they don't care or because they're running on fumes?

Here's what nobody talks about in the burnout conversation: you can have all the resilience training, mindfulness apps, and motivational posters in the world, and still crash hard by 3 pm if your body isn't fueled. Burnout isn't necessarily a mindset problem. And that's actually great news, because there's an easier fix: biology!

In this keynote, Kait Richardson RD cuts through the wellness noise and gets to the real reason your team is exhausted. She's warm, she's funny, and she tells the truth, including the parts that make people laugh because they've never heard a speaker say it quite like that before.

Using her FUEL Method, Kait gives teams a simple, practical framework for rebuilding their energy from the inside out.

No juice cleanses. No 5 am routines.
Just real strategies that work for real people with real lives.

Audience Takeaways

- A totally new understanding of why burnout happens and why pushing through makes it worse
- Simple nutrition strategies that restore energy without overhauling everything
- Tools to stop the afternoon crash, reduce cravings, and think more clearly all day
- Practical habits they can start that same week
 - (no willpower required!)

Perfect for: corporate wellness programs, employee appreciation events, and leadership development days focused on burnout, productivity, and sustainable performance.

Fuel Your Body, Fuel Your Mission: The performance edge nobody is talking about starts on your plate.

Your team is talented, driven, and committed. They're also running their most valuable asset on fumes.

Not because they don't care, but because in high-performance cultures, fueling your body is always the last priority. And your brain, the organ responsible for every decision, every relationship, and every deadline, pays the price.

In this keynote, Kait Richardson, registered dietitian, TEDx speaker, and author of *How to Eat Like a Normal Person*, makes the case that nutrition is the most overlooked performance and mental health tool in any organization.


Using her SHARP Framework, a five-part system built for real people with real schedules, Kait shows high-performing teams how to fuel their brain and body on their actual lives. Airport terminals, DoorDash orders, back-to-back meetings, client dinners. No meal prep. No perfection. Just a simple system that works.

Audience Takeaways

- Why the afternoon fog, mood dips, and decision fatigue by 6 p.m. are fueling problems, not willpower problems
- The gut-brain science that explains how what you eat directly shapes your mood, focus, and stress resilience
- How to apply the SHARP Framework anywhere, from the office kitchen to a hotel minibar to a DoorDash order
- One realistic change they can make that same week that will actually move the needle

Perfect for: corporate wellness programs, Mental Health Awareness events, leadership development days, and any organization investing in sustainable performance and team resilience.



A photograph of two women in professional attire. The woman on the left is wearing a white blazer and a beige top, looking towards the woman on the right. The woman on the right is wearing a light blue blazer and a white top, smiling and gesturing with her hands. Behind them is a pink banner with the text 'SPEAKING YOUR BRAND' and a microphone icon. To the right, a blue banner is partially visible with the text 'Master Your Me' and 'Person Spe'.

 **SPEAKING
YOUR BRAND**

“Kait’s presentation on wellness and nutrition was outstanding.

The content was clear, relevant, and easy to follow, with engaging visuals and great energy throughout. The live chat worked seamlessly, and she answered questions quickly and clearly.

Kait truly has the “it” factor — you feel it from the first interaction to the last. Her impact was so strong that our business owner personally invited her to visit his NYC offices for a follow-up presentation, something he has never done in 20 years.

We highly recommend Kait as a speaker!”

Andrew Papageorge
Company GoInnovate! and Dana-Co



SEE HER IN ACTION

[SPEAKINGYOURBRAND.COM](https://speakingyourbrand.com)

READY TO BOLDLY MAKE A MARK ON YOUR EVENT?

Inkwell MGMT is here to collaborate with you to bring Kait Richardson's energy and expertise to your next event. Whether you're looking to inspire, motivate, or educate your audience, Kait Richardson is ready to deliver a transformative experience.

Let's make it happen! Connect with Stevie Johns at Inkwell MGMT today, and together, what we create will be unforgettable.

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