



Facilitator profile – Kat Engall



Kat is a powerhouse in the art of communication. With a background in professional acting and years of experience coaching high-achieving clients, she transforms the way people speak, present, and connect with their audiences. From doctors, lawyers, and TEDx speakers to actors, influencers and vocalists, Kat's clients trust her to unlock their full potential and elevate their voices – literally and figuratively.

Kat's expertise spans storytelling for compelling presentations, vocal coaching for clarity and confidence, and techniques that harness breath and diction for maximum impact. Whether she's guiding a CEO preparing for a keynote or an emerging leader stepping into the spotlight for the first time, her methods empower people to speak with authority, authenticity, and ease.

Kat's journey began in drama school and on stage, but early on in her career, she discovered that the tools of performance – presence, voice, and narrative – weren't just for actors; they could revolutionise everyday communication. This became the basis for what is now a thriving coaching practice and an associate role with the Maximum Performance team.

Renowned for her warmth and energy, Kat builds lasting relationships with clients, helping them inspire their teams, own the room at conferences, and deliver messages that truly resonate. Her mission is simple yet transformative: to give people the confidence to communicate with impact.

Client feedback

Kat gets excellent feedback from workshop participants and clients alike, as the following few examples show:

- 'Kat takes a mindful approach to her planning, regularly checking in with myself to make sure she was focusing on the needs of the group and the individual participants. She tailored her sessions to our participants in a very supportive manner, addressing areas of development/areas to explore with each member within the session before delving into constructive exercises. She made sure to circle back round on their goals outlined at the beginning and made sure everyone felt supported and listened to throughout, as well as highlighting the power and value of various presentation skills, giving real life examples, which found to be an incredibly poignant reminder.'
- 'Great way to learn new techniques for presenting'
- 'Good opportunity to reflect on what you do, say and how you project yourself'
- 'Good mix of knowledge and humour'
- 'Enthusiastic and likeable'
- 'Really good and engaging'
- 'Excellent and bubbly'
- 'Funny and knowledgeable; made people feel very at ease'
- 'Kat was excellent, very welcoming and warm. Excellent knowledge and very helpful'

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- 'Your teaching has really transformed how I shall approach creating and carrying out my presentations moving forward'
- 'All the practical work we did presenting to the group has given me 100% more confidence than I had when I started'
- 'Kat's excellent course has transformed my approach to creating and carrying out presentations. I now perceive them from a completely different angle, which is that of engaging my audience. I feel confident in doing this due to the range of techniques and methodologies I have learnt. Furthermore, I enjoyed the large percentage of practical work we did (i.e., presenting to the group). This was more practical than other courses I have been on, which was great because it gave me confidence, because it entrenched my learning and because it afforded me Kat's bespoke guidance based on what she saw me do. I leave the course feeling 100% more confident due to the practical experience I have gained and the methods I have learnt. Thank you Kat!'
- 'Kat delivered the content amazingly! She made it easy to understand and it will stick with me for years to come.'
- 'Kat was engaging, knowledgeable and relatable and delivered the session with confidence.'
- 'Kat was warm and welcoming, knew her stuff, pushed us when we needed a push and created a relaxed informal atmosphere.'
- 'Fantastic, kept the session moving and enjoyable. Feedback was tailored depending on the experience level of the individual.'
- 'Enthusiastic, engaging and energetic.'
- 'She was brilliant – really helpful and kept it engaging throughout.'
- 'Really confident and friendly, engaging session on the whole and lots of helpful constructive criticism.'
- 'Really friendly, approachable and informative.'
- 'I wanted to mention how fantastic the session with Kat Engall was. She was engaging and insightful, providing excellent feedback on my public presentation skills in a constructive and respectful manner. There was also a potentially very awkward situation that she handled masterfully, turning it into an opportunity for expression and growth. Overall a brilliant session of the quality I've come to expect from Maximum Performance'

Kat is based in Nottingham.