



*your freedom*  
EMPIRE

# KATE ELGAR MENTOR PROFILE

*Mentor Profile*



## A LITTLE BIT ABOUT ME

I am an accredited Living Practitioner, Nutritionist and qualified Life Coach. I am passionate about working with people to upgrade their health and vitality, mindset and develop their businesses. I have been privileged to speak in the UK and internationally on these subjects and won the 'People Award' from the Awards of Excellence in 2018.

My journey started with a successful career as an equestrienne. I competed in the UK and Egypt, produced horses to championship level, coached individuals and worked with the best in the industry - the US Olympic Show Jumping Team.

I also have many years of experience in the Show and Events Industry. In one year I helped a start-up business expand nationally, developing half a million pounds worth of new business and managed a team of 42 staff.

Hello

# Passion

To fuel my increasing ambitions and to establish a passive income, I turned to property investment - an excellent way to build a solid and reliable income. I took property investment education and focused on strategies such as BTL's, HMO's, flips and lease options. I am particularly passionate about structuring new, fair and often creative deals, in the financial interests of all parties.

Throughout, I have lived, worked and travelled around the world. This has shaped me to become grounded, worldly and competent, and has ultimately fuelled my drive for progression, experience and pushing boundaries.



# SELF-DEVELOPMENT

Throughout my business career I have always believed it essential to focus on self-development, understanding that real success is a by-product of a great mindset. It is my mission to work with those who want to grow and progress, overcome fears and setbacks, and ensure they are well equipped to tackle any challenge in life. I believe that with wellness, vitality, and the right mindset, good solutions are at hand, success is available and challenges can and should be embraced as opportunities to grow.

# Strategies

## MY MAIN STRATEGIES INCLUDE

- ✓ BTL's
- ✓ HMO's
- ✓ Creative Strategies
- ✓ Self-development
- ✓ Living Nutrition & Wellness





Thank  
you