



Lifestyle

Taryn Brumfitt

Thought Leader, Body Positive Activist, Author, Speaker, Filmmaker and Presenter

Taryn Brumfitt is here to change the world! She is the fiercely passionate thought leader behind the Body Image Movement, the Director of the inspiring documentary *Embrace* seen in 190 countries and a three-times bestselling author. She is also an internationally recognised speaker, an Australian of the Year finalist and was named alongside Emma Watson and Beyonce in Germany's Woman of the Year.

Taryn's fire in the belly has seen her bump *Baby Shark* off the iTunes number 1 song, direct a film that has been viewed by millions across the globe and her work has been recognised by United Nations Women, Amy Poehler's *Smart Girls*, the Geena David Institute and Ashton Kutcher who famously praised her activism as "good for the world".

Documentaries: 'Embrace 2016 – Cinema release in the US, UK, Australia, Germany, Canada, New Zealand (over 1000 cinema screenings). Also seen on Stan, Foxtel, Channel 10, 7 and over 190 countries on Netflix

Speaking: Google HQ, L'Oreal, TedX, Sky News, Bra's and Things - Singapore, Business Chicks, Mamamia, Lorna Jane, CPA, Nurture Her, Lane Bryant, Flinders University, Australia Day Council, YWCA, Goodlife Health Clubs, Fernwood Fitness, Women's Health & Fitness Summit, Leading Moms

Publishing: *Embrace* – New Holland - 2015, *Embrace Yourself* - Penguin – 2018, *Embrace Your Body* – Penguin – 2020

Endorsement: Optus, Modibodi, Mazda

Social Media

Facebook: <https://www.facebook.com/TarynBrumfittFanPage>

<https://www.facebook.com/bodyimagemovement>

Instagram: <https://www.instagram.com/bodyimagemovement/>

YouTube: https://www.youtube.com/channel/UCYVeInnTNOAxfEJ0qwN-s_Q

Website: <https://bodyimagemovement.com>