



NON FICTION

Kate Gladdin Reveals 3-Step Strategy To Turn Your Life Into The One You Were Meant To Live In Okay, Now What?



Okay, Now What?

“Okay, Now What?” offers a practical, empowering framework for building **resilience**, a skill author, motivational speaker, and life coach Kate Gladdin defines as “a set of skills to help you face the world with courage, adapt to change, and become mentally stronger—not despite your challenges, but because of them.” Gladdin’s own journey toward becoming a resilience expert began tragically at age 20, when her sister died in a road accident. This devastating loss shattered her world and ignited a passion for understanding how we navigate adversity.

Like Gladdin, we all experience loss and unexpected **challenges**. Resilience—the ability to not just survive but thrive—is crucial for navigating these difficult times. Gladdin’s book, “Okay, Now What?,” distills her personal experience and expertise into a proven three-step strategy: Recognize, Reflect, and Redirect.

This framework empowers readers to:

- **Recognize:** Identify the root causes of their struggles, understanding that thoughts are not always facts.
- **Reflect:** Examine the impact of those thoughts, particularly how they fuel negative emotions and actions.
- **Redirect:** Shift towards **purposeful** thinking, focusing on creating positive outcomes even from the most challenging experiences.

Kate Gladdin



Kate Gladdin, Photo Credit: Cooper Photo Co



Okay, Now What? by Kate Gladdin

Gladdin emphasizes that resilience is not an innate trait but a skill that can be learned and strengthened. “Okay, Now What?” provides the tools and guidance to cultivate this essential capacity, enabling readers to grow through adversity and find strength in the face of life’s inevitable ups and downs. Her work is further inspired by establishing the Nicole Fitzsimons Foundation after her sister’s death, a testament to turning personal tragedy into a force for positive change. Gladdin’s influence has been recognized with accolades such as being named one of Australia’s Top 100 Women of Influence, underscoring the power of her message and the impact of her work.

From a devastating personal loss, Kate Gladdin transformed grief into action, leaving her corporate career in 2013 to create a travel safety education program for Australian high schools, highlighting the risks travelers face abroad. This program, born from a sister’s heartbreak, is now supported by the Australian government and national corporations.

Gladdin’s dedication to positive change has earned her numerous accolades, including recognition alongside Kelly Slater on Arianna Huffington’s THRIVE and being named a “Bulanaire” by Tourism Fiji, celebrating richness of spirit. She further empowers young people and their parents through her podcast, “Okay, Now What?!” addressing anxieties and building confidence in navigating life’s challenges.

Originally from Sydney, Australia, Gladdin now resides happily in Wyoming with her husband, Nate, where she enjoys homemade pizza, reformer Pilates, and playing in the snow with their dog, Jaku.