



Kate Gale
MEDIA KIT

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Kate Gale

BALLARAT, VICTORIA

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About Kate

Kate is your everyday mum, and wife who is also a breast cancer survivor and author.

Kate grew up in the Gippsland town of Sale and is the youngest of three daughters. She was raised in a close knit family surrounded by lots of love. Family plays a big part in Kate's life and it was a big step to move to Ballarat in the year 2000 when she met her husband Bob. Kate had three dreams in life. First was to become a hairdresser, which she did in the way of apprenticeship and loved the industry, it was her passion.

The second dream was to get married. This came to fruition in 2004 when her and Bob married in Ballarat. The third and final dream was to become a mother. This was easier said than done with Kate requiring to undergo IVF, but in 2005, after a few attempts, Breeanna was born. In 2007

they were again blessed with another daughter Gemma. Kate's dreams were all completed by the time she was twenty six.

At the age of twenty seven, Kate's perfect world fell apart when she was diagnosed with breast cancer. Her never give up attitude was very clear from the beginning and she won her battle.

Kate saw a need to share her story, and published her diary in 2012 and has been a regular motivational speaker spreading awareness and raising funds for many cancer charities.

Kate still lives in Ballarat with husband Bob and two girls but now she has more dreams to fulfill. She is always up for a challenge, always smiling and continues to dream big!

Book Biography

Thanks for the Mammaries is an honest and raw recount of Kate Gale's journey with cancer. After being diagnosed at the young age of twenty seven, her life was turned upside down. After many surgeries and treatments her life was starting to get back to some sort of normality when tragedy struck again when her husband Bob was diagnosed with renal cancer in 2012.

What followed was the biggest curve ball that Kate had been handed to date when roles were reversed, and she was sitting on the other side of a cancer diagnosis. It opened her eyes to life, what was important and who was important. Kate needed to decide which direction her life was to go in and she chose positive. Kate has now seen two sides of the disease from two different perspectives and knew she had to share her story to help break down the barriers that surround cancer.

Her positive, inspiring and honest attitude towards her battles and about finding anxiety along her journey are not only refreshing but will leave you asking yourself, what is important to you.

Kate shows how dreaming big, giving back and having a never give up kind of attitude can turn a negative into a positive whilst continuing to smile.



THANKS FOR THE MAMMARIES

I had cancer but it never had me

Kate Gale

Target Audience

WHO SHOULD READ THIS BOOK?

- Anyone who has been diagnosed with cancer.
- Family & friends of a cancer patient.
- Medical professionals who would like an patients perspective.
- Anyone who would like an insight into a cancer diagnosis.
- Anyone who dares to dream big!

Book Excerpt

When you hear the words, 'You have cancer', it takes the wind out of you. You start to think about your mortality. We all die, we are all at some stage going to pull up stumps, but we don't ever think about when that is going to be. We all assume we are going to grow old, live life, and see and do everything that we have mapped out and planned for ourselves. We don't imagine to be told it could all end sooner than we expect. I sure as hell didn't predict sitting in a doctor's office at the age of twenty-seven being told I have a stage three aggressive form of breast cancer.

Suddenly, your world completely changes. Thoughts come flooding in from all angles, most

of these are negative, and anxiety is expressed as worry. Worry that I would leave this world earlier than I want to; worry that my husband will be a widow at an early age; and, worry that I would leave my girls without a mum.

Once I got through the sadness and worry, then came anger. Anger is what drove me to fight. I put my 'big girl panties' on, puffed out my chest (whilst I could) and I was going to stand up to this bastard. I could have buried my head in the sand, pretending it wasn't happening, or laid down and surrendered; but, that's not who I am. I had to face it, as I wasn't going anywhere.

Media and Speaking

To be able to share with others my cancer journeys is not only an honour but a pleasure.

I would love the opportunity to speak for you club, association or business and tell my story.

Please get in touch via the details on my contact page.

THE COURIER

28TH APRIL, 2014

<https://www.thecourier.com.au/story/2246179/breast-cancer-survivor-kate-gale-is-mothers-day-classic-ambassador/>

THE COURIER

25TH MARCH, 2014

<https://www.thecourier.com.au/story/2174876/exercise-classes-for-ballarat-mothers-day-classic/>



WOMAN'S DAY OCTOBER, 2009

HAYMES PAINT 24TH JULY, 2018

<https://www.haymespaint.com.au/inspiration/the-brush-up-blog/july-2018/ballarat-breast-cancer-survivors-inspiring-story>

THE COURIER 29TH MAY, 2020

<https://www.thecourier.com.au/story/6773224/first-kate-at-27-then-her-husband-five-years-later-how-this-family-survived-cancer/>





Interview Questions

1. What motivated you to write your books?
2. What has the publishing process been like?
3. When & how did you find out you had breast cancer?
4. What treatments did you have?
5. How did you handle everything whilst having small children?
6. How did you feel when your husband was diagnosed?
7. How do you deal with speaking about your journey? Does it bring up bad memories?
8. How has your life changed since your diagnosis?
9. What has cancer taught you?
10. What would you say to someone that has been recently diagnosed?
11. What makes your book stand out from every other cancer related books?
12. Who can your book help?
13. What has been the greatest highlight that has come from writing a book?
14. What's next for Kate Gale?

Testimonials

MARITA O'KEEFE

Queen of Pink at Breast Cancer Network Australia

Life is like a storm- just ask Kate Gale!

Kate recounts her personal story with breast cancer and beyond. Her book is not a 'how to' but more a 'how I did it'. Thanks for the Mammaries is a wonderful array of insights. It's a heart warming inspiring and deeply personal rendition where Kate's honesty shines through. This candid story deserves to be read.



IMAGE: Marita O'Keefe



IMAGE: Gail and Fiona Elsey

GAIL ELSEY

Life Governor of the Fiona Elsey Cancer Research Institute

Kate's Story is a very raw reality of her journey. She faced her mortality every day whilst struggling with the unknown of her treatment. She battled fear drawing on her inner strength to survive.

Kate experiences anxiety knowing her life has changed forever, in the face of her challenges she has built character. A positivity that will overcome whatever the future holds.

Very inspiring story spreading hope to others.

TABITHA RYAN

Cancer Survivor

Thanks for the Mammaries is a book about resilience while life continues to throw curveballs to an amazing woman Kate Gale who just happens to be my breasty.

Kate writes about her own personal experience with cancer not only as a survivor but as a carer and the emotional and life-changing effects it has had on not just herself but her family, her friends, and her career.

In this book, you will read about her vulnerability and you will feel her honesty and raw emotion as you turn each page. You will step inside her shoes and feel her heartache and then you will rejoice in her accomplishments. This is a book about living, grieving, fear, surviving daily challenges, loving with all your heart and about dreaming big.

Kate had cancer but it never had her.

Thanks for the Mammaries will help you to find the hero inside yourself and remind you to love life just that little bit more...



IMAGE: Tabitha Ryan



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Photos available on request.