



KEYNOTE SPEAKER | AUTHOR |
LIFE COACH | FACILITATOR |

AREAS OF EXPERTISE

- Unlocking Courage & Authentic Resilience
- Navigating Change, Challenge & Adversity
- Grief, Loss & Personal Transformation
- Medical advocacy
- The Power of Human Connection
- Leaving a Legacy Through Impact & Advocacy

PROFESSIONAL BACKGROUND

- PR & Promotions Editor - Fairlady Magazine
- Marketing Manager - Woolworths SA
- Founder - Upfront Marketing, The Jenna Lowe Trust
- Founder and certified Life & Leadership Coach (PCC, ICF) at The Coaching Nest & The Resilience Factory

WHAT YOU WILL GAIN

- A powerful shift in how you view resilience
- A deep understanding of courage in action
- Tools to navigate adversity and uncertainty
- A renewed sense of purpose, connection and empowerment

CONTACT

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*Book Gabi for your next event and
experience the power of real
transformation.*

Gabi Lowe

UNLOCKING THE COURAGE WITHIN YOU.

What if courage wasn't about being fearless, but about making a choice - again and again - to step forward, even when everything in you wants to turn back?

Gabi, a sought-after South African keynote speaker, is renowned for her powerful insights on courage, resilience, and navigating life's toughest challenges. Gabi speaks with raw honesty and deep wisdom, offering audiences a profound understanding of what it takes to unlock their inner strength, overcome adversity, and build authentic resilience.

WHY GABI?

A storyteller at heart, Gabi shares compelling personal experiences - most notably her family's extraordinary journey through love, loss, and advocacy - as well as hard-earned life lessons that redefine courage. Deeply moving, thought-provoking, and ultimately transformative, Gabi leaves audiences inspired AND equipped with tools to thrive in the face of life's uncertainties.

"I've attended countless conferences globally, and never seen an audience so captivated by a speaker. Simply one of the most moving and impactful speakers I have ever heard."

- Anon

• Captivating & Authentic:

Riveting storytelling that resonates deeply.

• Deep Expertise:

Certified (PCC, ICF) life coach and executive producer with decades of leadership experience.

• Proven Impact:

Increased organ donor registrations by 287% through advocacy.

ABOUT GABI

Founder of The Coaching Nest and The Resilience Factory, Gabi has empowered thousands through life coaching and resilience training. As co-founder of The Jenna Lowe Trust, she has driven national change in rare disease awareness and organ donation advocacy. Her bestselling memoir, *Get Me to 21*, became the foundation for an award-winning documentary (M-Net & Showmax, 2024), amplifying Jenna's legacy and inspiring thousands.