



Kate Christie

What is your favourite part of being a Queenager?

Welcome to the Upgrade Era! An era where we are entirely released from societal pressures to do, be, and say the "right" thing. Where we get to rewrite the rules for ourselves.

I bloody love aging. It is pure liberation. It is the ultimate upgrade.

Like most women, after decades of prioritising everyone else - being the good mum, the good wife, the good girl - I suddenly find myself completely and utterly time affluent. I no longer spend my days reacting to the world; I design them. I can do, be, and say exactly what I want, and it is ACE.

This era isn't about invisibility, or sadness, or fading quietly into the background. It's about stepping into the radical brilliance of being completely true to yourself. It is the ultimate upgrade to a life lived entirely by your own design.

I am fearless.

Life isn't always kind. If you're happy to share, what has been one of the toughest parts of your journey and what helped you through it?

The end of my marriage, the loss of my mum, and the cancer diagnosis and death of my husband within a handful of years. My personal strength, my focus on my kids, the love of my dad and sisters got me through it.

What has been one of the most joyful moments of your life so far?

I am loving today. I have designed my best life living between Australia and Sicily, and it is unapologetically joyful.

Who are the women (or people) who have made your life better and why?

My daughter

My sons

My two sisters

My dad

My best friend

They always have my back. They each love me unconditionally. They will always love me.

What words of wisdom would you share with younger women, and what are you most looking forward to in your own future?

Time Affluence is the ultimate flex. Build your boundaries, protect your energy, and learn early how to say 'No'. When you own your time, you own your life. That is real freedom.

When you're time affluent, you have everything you need.

And one final sentence:

Being a Queenager means...

Absolute agency, owning your time, and having zero fucks left to give.