

HIGH PERFORMANCE LIVING

LAUREN BURNS

OLYMPIC GOLD MEDALLIST

PhD

NATUROPATH & NUTRITIONIST

AUTHOR

SPEAKER



"Every situation in our life is neutral, but it's up to us to appoint the meaning. We can take things in a negative way, or we can focus on the positive."

LB

KEYNOTES, WORKSHOPS & SPECIAL EVENTS



Lauren delivers powerful, engaging and life-changing presentations culminating her years of experience as an athlete, business owner, mum and lifestyle and wellness coach.

Dr Lauren Burns is a passionate, engaging and down to earth presenter. Her energy and optimism is contagious and will leave your audience inspired and motivated. Lauren is a true story teller, with the gift of transforming her stories into practical strategies for her audience to implement immediately. For decades, Lauren has been conducting keynotes and workshops tailored specifically to her audience.

Lauren is currently delivering in-person and virtual presentations to a diverse range of audiences. She has a PhD in Athlete Lifestyle and Mindset, and works closely with the Australian Institute of Sport both with the Gold Medal Ready program and with their research institute. A best-selling author, Lauren has written two books – *Fighting Spirit* and *Food from a Loving Home*. She also writes nutritional wholefood menu plans for a Melbourne childcare centre, conducts 1:1 executive level coaching and enjoys running a busy family.

APPROACH

Lauren links stories from her Olympic journey, and her understanding as a health professional, with practical strategies for your staff and organisation.

- Holistic lifestyle strategies to drive real change and impact
- Challenge and support to grow and stretch
- Simplifying and setting for success – in work and in life
- Sharing joy and delight in creating delicious and nutritious food and meal-planning strategies
- Values based goal setting and planning

INCLUSIONS

WHAT CAN BE IMAGINED, CAN BE ACHIEVED

30-60 MINUTE KEYNOTE

- Transforming stories into practical life strategies
- Audience participation with fun taekwondo moves and an audience member breaking a board on stage

ACTIVE TAEKWONDO WORKSHOP

60-90 MINUTE WORKSHOP

- Fun and interactive taekwondo workshop
- All participants break boards
- Links to personal purpose

HIGH VIBE LIVING – BE YOUR BEST SELF

60-90 MINUTE WORKSHOP

- Performance, Mindset, Relationships, Lifestyle
- Strategies to structure, balance and energise
- Grow and Stretch, leaning in to discomfort
- Importance of interpersonal relationships for wellbeing, stress and performance

TOPICS

- Motivation
- Resilience
- Relationships and Connection
- Wellbeing
- Lifestyle & Mindset
- Strategic planning and Goal Setting



Generous with her time, Lauren always stays to mingle, take photos and sign autographs and bringing along her Olympic gold medal to share.



BOOKINGS

Lauren has a wealth of experience, she has been speaking to audiences all over Australia and abroad for over 25 years and has spoken to over 250,000 people. To secure Lauren for your next event contact:

CARSON WHITE

Leading Voice Speaker Management

P carson@leadingvoice.com.au **P** +61 0499 811 817

"A quick note to say how much we appreciated your presentation last Friday. Our people were genuinely excited to hear your story first-hand and the points you made about goal-setting, self-belief and perseverance were particularly poignant. Also, thank you personally for your kind words to my son and the note you wrote for him. We were both touched by your gesture."

VISY

"Excellent. It was refreshing to listen to someone so natural and with a joy of life. An ordinary person doing extraordinary things."

AIOP TASMANIAN DIVISION

"Lauren inspired and entertained the audience with her simple but powerful messages on how to succeed through sacrifice and determination."

CITY OF WHITTLESEA

"Excellent. Lauren did an exceptional job inspiring and captivating 360 of our young assistant managers at this year's conference. She had each and every one of us enthralled in her experiences and was great that it was also interactive where she got everyone up screaming! (not to mention actually touching an Olympic Gold medal!) We loved her and would use her again in a heartbeat should the need arise as she really suited the theme of our conference being 'Build the core and go for more.'"

YUM RESTAURANTS INTERNATIONAL

"Thank you Lauren – you're an absolute joy to be around and your energy is infectious. Thanks for taking the time and adding so much value"

**LUKE COOK, CUPPA OF LIFE
FOUNDER & HOST – VIRTUAL CAFE**

"Excellent. We couldn't have been happier with Lauren's presentation. She is so natural, professional, inspirational; and is so generous with her time and her gold medal. It was great to have photographs and autographs as a memento. An Australian to be proud of. Feedback has been excellent, and I would recommend Lauren to anyone."

WESTERN MINING CORPORATION

"Excellent, Lauren's energy was intoxicating. Our guests were mesmerised."

PRICewaterhouseCOOPERS

Thank you so much for coming to our event. I've heard so much positive feedback from people who attended – they loved how engaging you are as a speaker and how positive and uplifting your message was!

MACQUARIE BANK

"Congratulations on the inspiring address and presentation you made at our national sales conference last month. I have over many years attended guest speaker events and I can honestly say, very few have held the audience attention for 40 minutes as yours did. What I found pleasing, was the way in which you aligned your success in sport to the goals our Company is striving to achieve."

LINDE

"Excellent. Lauren was an enthusiastic, highly motivational speaker who related extremely well to our Year 10 group. Her rapport with the students was outstanding and her reflections / anecdotes on her career were inspirational for those listening. Absolutely sensational!"

EAST DONCASTER SECONDARY COLLEGE