



INTERACTIVE  
**FUN!**

INSPIRATIONAL  
**FUN!**

MOTIVATIONAL  
**FUN!**

LB

# MOTIVATIONAL WORKSHOPS

With Olympic Gold Medallist, Lauren Burns PhD



An excellent way to kick off or finish a conference with the high energy and sense of achievement of **all participants breaking boards.**

Lauren shares inspirational stories and experiences relating them to the audience – she conveys key messages relating to self-belief, passion, determination vs natural talent, self-talk and strategy and studying your opponents.

**Workshops include:** Simple, but high energy taekwondo moves | Focus on fun, teamwork, practical skills and key messages | All participants breaking boards | Signing of participants' boards as take home memento.



**Suitable for any size group!**  
An intimate group of ten people or a room of two hundred.



*"The noise and intensity in the room with hundreds breaking boards is **awesome!**"*

*"Excellent! Lauren has an outstanding story to tell and is very generous with her medal, autographs and photographs. I strongly recommend her."*  
**ANZ BANK**

*"Your inspirational message to our guests was first class and really sealed for us a great night of recognition for the top achievers in our dealer network. I know that our people will benefit from your experience and hope that some can 'dare to dream', and achieve just as you have."*  
**MERCEDES-BENZ**

*"Our conference 'Reach for the Sky' was a great success, largely due to your presentation which matched perfectly with our focus and themes. Truly motivating and inspirational! Your energy and enthusiasm made a big difference."*  
**TOYOTA**

*"Lauren was excellent!"*  
**DEPARTMENT OF INFRASTRUCTURE**

*"It was clear that you touched the heart and souls of many in our audience. Your enthusiastic, sincere and humble style are rare in the speaking world, and were an absolute joy to witness."*  
**PROFESSIONAL SPEAKERS AUSTRALIA**

*"Lauren gave a great presentation. Her manner was very natural and friendly. She had the audience captivated. We got very positive feedback from both the Australia and Japanese members of the audience."*  
**WOMEN'S FEDERATION FOR WORLD PEACE**

*"Thank you for your fantastic contribution at National Young Leader's Day. We love having you involved, because not only do you have a wonderful inspirational story to tell, but you have used your success to help others. You really are a wonderful leader, and I admire your life choices and incredible discipline."*  
**YOUNG LEADERS FOUNDATION**

*"240 of our staff stood and applauded with their broken boards – unbelievable! It was an amazing atmosphere of cheering and clapping, an awesome energy in the room. Our people have seen the best."*  
**ECOSEAGATE**

*"Lauren was great! She has a fantastic personal style – informal and personable. Her presentation was very engaging, and she made an effort to speak with different team members 1:1 after the presentation."*  
**FOSTERS**

*"Lauren and the crew were simply excellent! She provided a great way to close our event with the sounds of around 800 people breaking and then clapping boards it was a great thrill for all. Overall the event went extremely well and the ebbs and flows were great."*  
**JOHN DANKS & SON PTY LTD**



**LB LAUREN BURNS**

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