



DR LAUREN BURNS
Elevating Potential

LAUREN BURNS

- | PhD
- | OLYMPIC GOLD MEDALLIST
- | NATUROPATH & NUTRITIONIST
- | AUTHOR
- | SPEAKER

www.laurenburns.com



Lauren Burns created sporting history by winning the first Olympic gold medal for Taekwondo when the sport debuted at the Sydney 2000 Olympic Games.

Dr Lauren Burns was one of only three Australian women to win an individual Olympic Gold Medal, along with Cathy Freeman and Susie O'Neill. Her amazing triumph at the Sydney Games was achieved against the odds – requiring enormous discipline, commitment, perseverance, and teamwork.

The nation watched as Lauren's victory brought the Australian public and Olympic crowd to its feet. Before her Olympic win, few people knew Lauren was 12 times Australian Champion and had achieved a string of international titles, including numerous medals at world championship level. Lauren's gold medal put Australia on the map as a significant global competitor for the sport of Taekwondo.

Since the Sydney Olympics, Lauren has emerged as one of Australia's most sought-after speakers. She has been on the speaking circuit for over 25 years and continues to travel the country conducting keynote presentations, workshops, and masterclasses, all centered around Elevating Potential. Lauren's presentations are powerful and engaging. Her genuine passion for inspiring and empowering participants shines through with her down-to-earth storytelling and evidence-based tips for achieving optimal well-being and high-performance living. Her ability to captivate audiences with relatable anecdotes and practical strategies is what sets her apart.

Lauren 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 their research institute. Her doctoral work won the prestigious RMIT Vice Chancellor's Prize and Deputy Vice Chancellor's Prize for Research Impact and is published in high-impact peer-reviewed journals.

A best-selling author, Lauren has penned two books: *Fighting Spirit* and *Food from a Loving Home*. Lauren also shares her nutritional expertise by designing whole-food menu plans for a renowned Melbourne childcare centre. Additionally, she offers exclusive one-on-one executive-level coaching while balancing the joys and responsibilities of a busy family life.



"I just felt tonight that all my competitors were tough, they were the best in the world and I had to go out and give it everything I had... I had to give it heart, give it soul, give it passion and the Australian crowd really helped to lift me up... The energy was incredible."

Lauren Burns, 2000



ACHIEVEMENTS AND ASSOCIATIONS

NATIONAL COMPETITION EXPERIENCE

- 12 times National Champion
- Australian team member 1993-2000

INTERNATIONAL HIGHLIGHTS

- 2000 Olympic Gold Medallist
- 2000 US Open, Silver
- 1999 US Open, Gold
- 1997 World Championships, Bronze
- 1996 World Cup, Bronze
- 1995 Belgian Open, Gold
- 1994 IOC Seoul Invitational, Gold

ACHIEVEMENTS

- RMIT Doctor of Philosophy (Laboratory and Clinical Science), 2021
- RMIT Vice Chancellor Award, and Deputy Vice Chancellor Award, Research Impact, 2019, 2020
- RMIT Higher Degree Research – Publication Prize, 2019
- Sport Australia Hall of Fame, Melbourne, 2017

- L'Oréal-UNESCO recipient: For Women in Science mentoring program, 2017
- Scholarship recipient from the JACKA Foundation for PhD research, 2015
- Inducted into the Official Taekwondo Hall of Fame, Croatia, 2015
- Author, *Food from a Loving Home*, 2011
- Bachelor Health Science, Naturopathy
- Australian Natural Therapists Association – Bursary Award 2009
- Best selling author *Fighting Spirit*
- Order of Australia Medal
- 3rd Dan black belt
- Athlete Hall of Fame – National Sports Awards – Taekwondo Australia 2005
- Member of the WTF Medical Committee 2003-2005
- Young Australian of the Year, Nillumbik Shire, 2001
- Australian Sports Medal Recipient, 2001

- Leader Newspaper Sports Star of the year, 1999
- Blitz Female Full Contact Fighter of the Year, 1999, 2001
- Women's Team Captain, Australian Taekwondo Team
- Taekwondo Australia Fighter of the Year, 2000

ASSOCIATIONS

- Board Director, Jacka Foundation for Natural Therapies
- Nutritional Ambassador for Nino Early Learning – creating seasonal, wholefood, delicious menu's for Nino's Centres
- Ambassador for World Vision's *Destroy a Minefield* campaign (2001-2002)
- Athletes Commission of both the Australian Olympic Committee and Taekwondo Australia
- Commentator - Athens and Beijing Olympic Games, Taekwondo

SPEAKING EVENT TESTIMONIALS

"Excellent. Lauren has an outstanding story to tell and is generous with her medal, autographs, photographs etc. I strongly recommend her."

ANZ BANK

"A young, energetic and articulate person. Lauren was well spoken, talked to the audience, gave colourful examples which made the audience laugh, as well as making our function a success."

AMP

"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 can only hope that some of them can "dare to dream", and achieve just as you have done."

MERCEDES-BENZ

"Our conference 'Reach for the Sky' was a great success and largely due to your presentation which matched perfectly with our team's focus and themes for the rest of the year. Truly motivating and inspirational! We had another two days of conference and many were consistently referring to yours and Martin's presentation and particularly the focus, control and follow through themes. Your energy and enthusiasm made a big difference to the rest of the conference."

TOYOTA

"The team found your talk interesting, humorous and inspiring. It certainly made us step back and consider the part we can all play in driving forward the Company's goals. The teams were thrilled to have you attend the Awards dinner and it was a pleasure to talk to you during the course of the evening."

COLGATE-PALMOLIVE PTY LTD

"Lauren was absolutely sensational."

BHP

"The room was electric, they stood clapping their broken boards together. Lauren signed every board, which was printed with the conference theme "Breakthrough". The memento boards now adorn many offices. Fantastic!"

WRIGLEY'S

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

PRICEWATERHOUSECOOPERS

"I would sincerely like to thank you for speaking with the participants on our Leadership program. Everyone I spoke to was very impressed and found your presentation highly entertaining, motivating and informative. Your presentation was still being talked about this morning and was the highlight of this important day for the group."

COMMONWEALTH BANK

"A strong speaker with an ability to convince in respect of the sincerity of her message."

AUSTRALIA POST

"Excellent. More than a draw card. Lauren is interesting, natural and relaxed as a presenter and has some great stories regarding pushing oneself and overcoming obstacles."

TATTERSALL'S

"Lauren is a warm and articulate person whose message of commitment to a goal is very appropriate to our business. Lauren vividly described how she envisioned her success and the self-discipline required to achieve her dream of a Gold Medal. She is very accessible and made herself available to the press and guests alike, all of whom loved her."

MARY KAY COSMETICS

"240 staff stood and applauded with their successfully broken boards – unbelievable. They had all written their greatest fear on the board and then breakthrough that fear and way of thinking. It was an amazing atmosphere and all were cheering and clapping their boards at the end, an awesome energy in the room. Our people have seen the best, Lauren, Martin and the team were fantastic."

ECOSEAGATE

"Excellent. More than a draw card, Lauren is interesting, natural & relaxed as a presenter and has some great stories regarding pushing oneself and overcoming obstacles."

CADBURY SCHWEPES

"Your segment was certainly one of the highlights of the conference and you may be interested to know that my wife now has me out the back breaking up the firewood, thanks to you. You were refreshing and entertaining, it certainly was a buzz for the delegates to touch and feel your gold medal. Once again thank you."

ROTARY DISTRICT 9810

"Lauren captivated and involved everyone, forcing us to admire and respect her commitment to all aspects of her life. I would love to involve Lauren in other Ernst and Young events and believe she would do just as an exceptional job in hosting or speaking at any event for us."

ERNST AND YOUNG

"Lauren's message was excellent to set the scene for students to focus on the year ahead. She was articulate and captivated her audience – very professional and well organised."

BEACON HILLS COLLEGE

"Lauren was very down to earth, approachable and presented in a relaxed manner. Our attendees loved the fact she took the time to individually sign each one of her autobiography's and was happy to pose for photos".

IGA

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

FOSTERS

"Excellent. Lauren was a vibrant and engaging presenter and the audience responded enthusiastically to her professional and entertaining approach."

NETBALL VICTORIA

"Excellent. Lauren was absolutely superb. She had the audience totally captivated from the minute she walked onto the stage until she finished 40 minutes later. Her honesty and humour were inspiring and she was certainly a highlight of the conference."

NATIONAL FOODS

"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. I also want to thank you personally for your kind words to my son and the note you wrote for him. He (and I) were both touched by your gesture."

VISY

"You were certainly a hit with the crowd and I have had great feedback from all Leader staff and many of the guests who attended."

LEADER NEWSPAPER

"I wish to offer our sincere appreciation for the wonderful presentation you gave so eloquently at our Rotary International Women's Day breakfast. It was a great honour and a delight to have you speak. So many of our guests commented on the style in which you delivered your presentation, the manner in which you motivated and inspired the audience to overcome their fears and self-doubts, to set goals and to push through those barriers to achieve them, was brilliant. Another comment was how you gave the students from a number of our local schools the rare experience of networking one-on-one with an Olympic hero! Thanks again for providing such a compelling and informative speech and for your contribution towards making the morning so successful."

ROTARY

"Bright, committed and a very passionate speaker who impressed our group with her dedication to her goals. Her story was inspirational and gave us direction for the planning and hard work needed in being successful in any endeavour."

FIRST NATIONAL REAL ESTATE

"From the feedback and the general 'vibe' after your presentation, it was clear you touched the heart and souls of many in our audience. Especially touching were the comments from the young people there, expressing their desire to be all they can be - clearly you connected with them very strongly! Your enthusiastic, sincere and humble style are rare in the speaking world, and were an absolute joy to witness. Personally, I shall always remember your dedication and willingness to 'do whatever it took' to keep your commitment to our Chapter that evening."

PROFESSIONAL SPEAKERS AUSTRALIA



Carlsberg Schweppes



NETBALL VICTORIA



MARY KAY



Leader



Rotary



MACQUARIE



Mercedes-Benz



LAUREN BURNS

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