



DR LAUREN BURNS
Elevating Potential

KEYNOTE SPEAKING

- | PhD
- | OLYMPIC GOLD MEDALLIST
- | 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"



KEYNOTES | WORKSHOPS | MASTERCLASSES



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

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 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.

She is a best-selling author, having penned two books: *Fighting Spirit* and *Food from a Loving Home*. Lauren also shares her nutritional expertise by designing wholefood 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.

Lauren delivers powerful, engaging, and life-changing presentations. Lauren's genuine passion for inspiring and empowering participants shines through her unique blend of humour, 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.

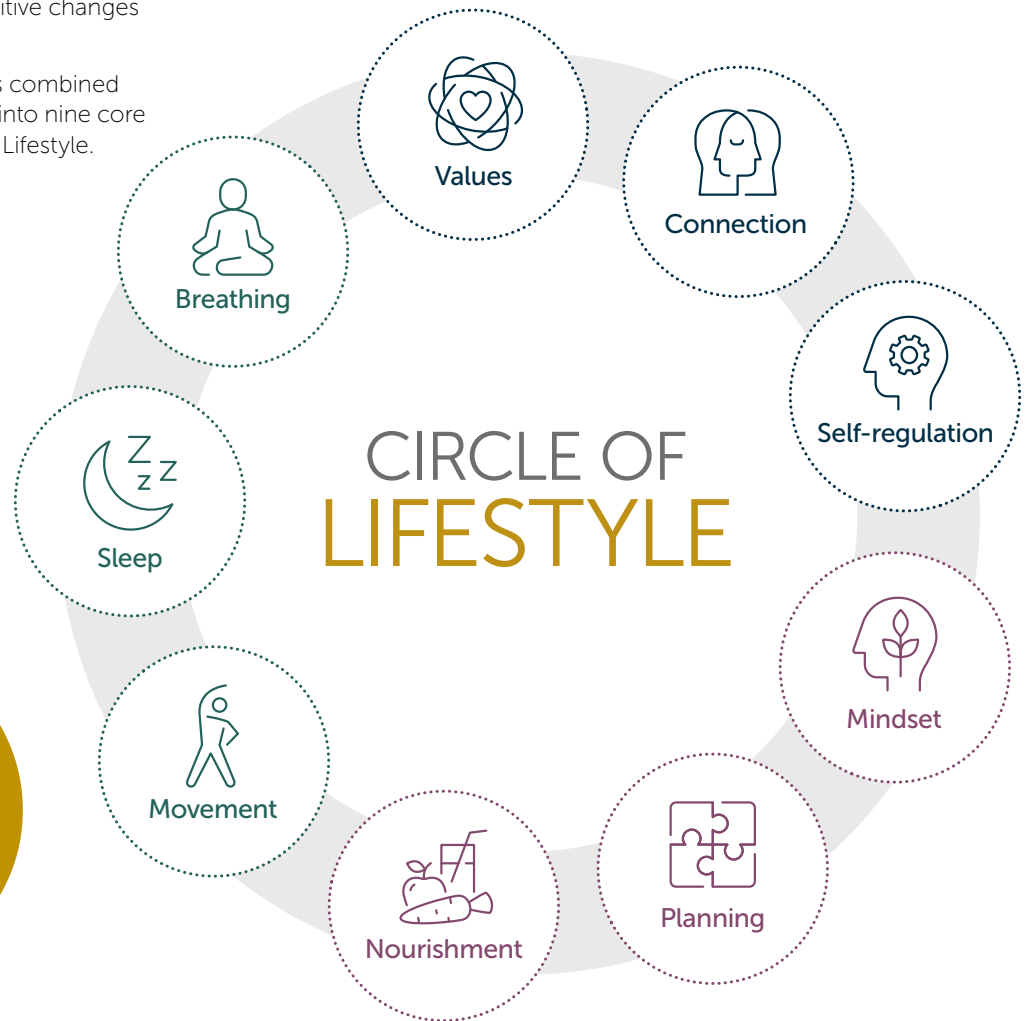
Through her presentations, Lauren elevates the potential of each individual in the room, motivating them to take action and make positive changes in their lives.

Over the past 20 years, Lauren has combined all of her learning and experience into nine core elements, making up the Circle of Lifestyle.

KEY THEMES:

- Motivation
- Resilience
- Relationships and Connection
- Well-being
- Lifestyle and Mindset
- Strategic Planning and goal setting

These elements support wellbeing and are essential for mental health, thriving and performing under pressure.



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



LB



POPULAR TOPICS

ELEVATING POTENTIAL

- Transforming Lauren's Olympic and life experiences into practical life strategies
- Audience participation through taekwondo moves, concluding with one person breaking a board on stage
- Lauren discusses aspects of her Cycle of Lifestyle and how they impact performance, mindset, relationships, and overall well-being
- Discover practical strategies to bring structure, balance and energy
- Understand the importance of interpersonal relationships for well-being, stress management, and peak performance

LEAP – LIFESTYLES OF ELITE ATHLETIC PERFORMERS

- Learn from the world's best athletes and gain insights from Lauren's PhD research
- Discover the lifestyle and mindset factors that contribute to the success of Olympic and World Champion-winning athletes
- Explore psychological attributes such as intrinsic motivation, resilience, realistic optimism, self-regulation, and a thirst for knowledge that define elite performers
- Elevate potential by adopting the mindset and habits of successful athletes into daily life

VALUES AND LIFE PLANNING

- The benefits of understanding your personal values are well recognised. Personal values are deeply held beliefs and principles that guide individuals' behaviour, decisions, and attitudes
- Lauren guides participants through the process of identifying their own personal values, what they need to add into their life to support their values, and what they need to change to reflect these values
- Using your values-based decision making has positive impacts on:
 - Health and Well-being
 - Decision-Making and Goal Setting
 - Work Satisfaction and Engagement
- Effective planning is key to both well-being and high-performance. Lauren empowers participants with strategies for short, medium and long-term planning – where they leave equipped with knowledge and recourses to continue incorporating planning into their life



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"

AIOPTASMANIAN 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