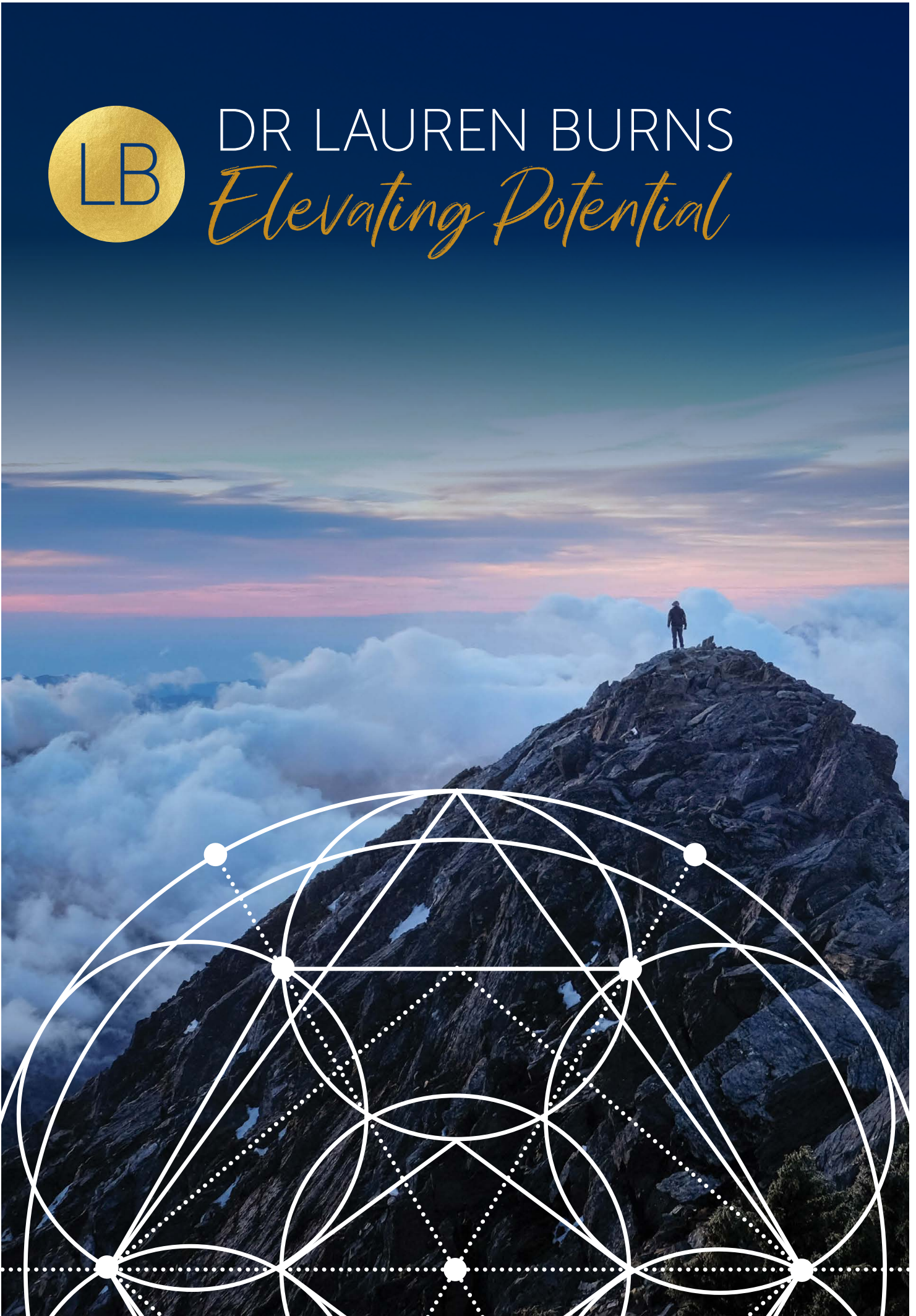




DR LAUREN BURNS  
*Elevating Potential*





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*Elevating Potential*

“

The currency of Wellness is connection. Connection – with yourself, with nature, with your environment, with other people and community.

PROFESSOR MARC COHEN

”

# ABOUT LAUREN

Lauren delivers powerful, engaging and life-changing presentations, incorporating her PhD research and years of experience as an athlete, business owner, and performance and lifestyle 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 delivers 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 research institute.

A best-selling author, Lauren has written two books – *Fighting Spirit* and *Food from a Loving Home*. Additionally, she writes nutritional whole food menu plans for a Melbourne childcare centre, conducts one-on-one executive level coaching and enjoys running a busy family.

*“Excellent!  
Lauren’s energy was  
intoxicating. Our guests  
were mesmerised”*

PricewaterhouseCoopers



# LEADERSHIP AND ENGAGEMENT PROGRAM

Helping individuals and organisations reach their optimal potential.

Over the past 20 years, Lauren has combined all of her learning and incredible experiences into 9 core elements, with key focus areas being:

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

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






“

The ultimate productivity  
hack is saying no.

JAMES CLEAR

”



*'It's rare that a room of 1,000 guests are transfixed by a speaker... as in 'not blinking' transfixed. The audience progressed from happy tears during the inspiring video, to laughter, awe and in the end, raw power when Lauren got interactive. So much fun, and the feedback has been universally positive. Lauren is an incredible speaker, but more importantly, an incredible human, and that comes through in spades!'*

Adrian Byrt, Property  
Council of Australia



DR LAUREN BURNS  
*Elevating Potential*

“

Human social-connection is critical for sustaining health and wellbeing, and is central to elite sporting performance.

BURNS ET AL, 2019

”

# Workplace well-being, mental health and burnout is a global challenge for employees and leaders.

McKinsey & Company's global research (2022) on employee mental health and well-being, found almost 1 in 4 employees are experiencing burnout, resulting in 6 times more employees wanting to leave their jobs.

Poor sleep was by far the biggest stress factor for respondents of this study. Six of the top ten stress factors were body-based.

Beyond poor sleep, other factors included lack of exercise, body image, poor life routine, and no time for self-care. Strategies for proactive engagement in employee mental health and well-being are critical. Building culture, resilience and connection are key. Lauren teaches how to Eat Well, Sleep Well, Think Well and Live Well to Elevate Potential.







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 give it 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 Human Lifestyle and Medicine and works closely with the Australian Institute of Sport, both with the Gold Medal Ready program and their research institute. Her Ph.D. and Display 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 Spite and Food from a Loving Home*. Lauren also shares her nutritional expertise by designing wholefood menus 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.

*"We were looking for a speaker who could inspire, unite and help us bring our individual and team goals to life. Lauren did all of this and more. She was warm, engaging, funny and targeted her session delivery and include practical strategies to help us achieve our goals"*

Melanie Moffatt, Corporate Portfolio, Medibank

# KEYNOTE SPEAKING

Inspiring | Memorable | Empowering | Insightful | Authentic

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.

## KEYNOTES, WORKSHOPS AND MASTERCLASSES – 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



“

Regular exercise remodels the physical structure of your brain to make you more receptive to joy and social connection.

KELLY MCGONIGAL PHD

”

# ACTIVE TAEKWONDO WORKSHOP

Make your event memorable – all participants break boards!  
An excellent way to kick-off or wrap-up a conference –  
with high energy and sense of achievement and purpose.

Lauren conveys key messages relating to self-belief, mental imagery, and incorporates the ancient practices of the martial art taekwondo, to cultivate the indomitable spirit.

The boards are a metaphor for **Action**, **Commitment** and **Breakthrough**.

Workshops include:

- Simple, high energy taekwondo moves
- Focus on fun, teamwork, practical skills and key messages
- All participants breaking boards
- Signing of participants' boards as takehome memento

*"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





# “ WHAT PARTICIPANTS SAY ”

“Thanks Lauren for the breathing exercises, the values alignment but most of all thank you for the push to do more planning”

“Importance of identifying your values and how you want to show up in the world. Are my behaviours reflected in how I want to show up?”

“Importance of mindset, wellness, incremental habits to support goals”

“You are so inspiring Lauren. I loved your energy and the discussion regarding values and the importance of goal setting. It was also enlightening to hear how important nutrition is for your mental health and wellbeing”

“Great reminder of the value of breathing and visualising yourself where you want to be”

“Engaging. So good to step outside ‘work’ development and think of development on a personal level as well Life as a Big Picture. Thank You!!!”

“Focus on values and using these to guide decisions. Real life example of competing at the Olympics and translating learnings into everyday”

“An opportunity to learn valuable practical solutions to improve physical/mental wellbeing. A timely reminder on all aspects of health, from goal setting, to values, to nutrition”

“So much energy Lauren and amazing presentation. I love the mix between personal stories, education and life hacks”



# MOOD FOOD WORKSHOP



## How food impacts our energy, mood and mental health

Lauren is a degree qualified Naturopath and Nutritionist and has always been passionate about complementary medicine and wholefoods. She studied naturopathy alongside training for the Olympic Games and incorporated many principles and naturopathic teachings into her training and diet regime which she attributes to her success at the Games. Her cookbook *Food from a Loving Home* is a collection of her favourite recipes.

Continuing her passion for food as medicine, she lectured Medicinal Food Science at Endeavour College of Natural Medicine.

Focusing on the scientific link between food and mood, and Lauren's take-home message of 'Eat the Rainbow', this presentation is fun and engaging. Participants learn life skills and knowledge they can incorporate directly into their own lives and kitchens.

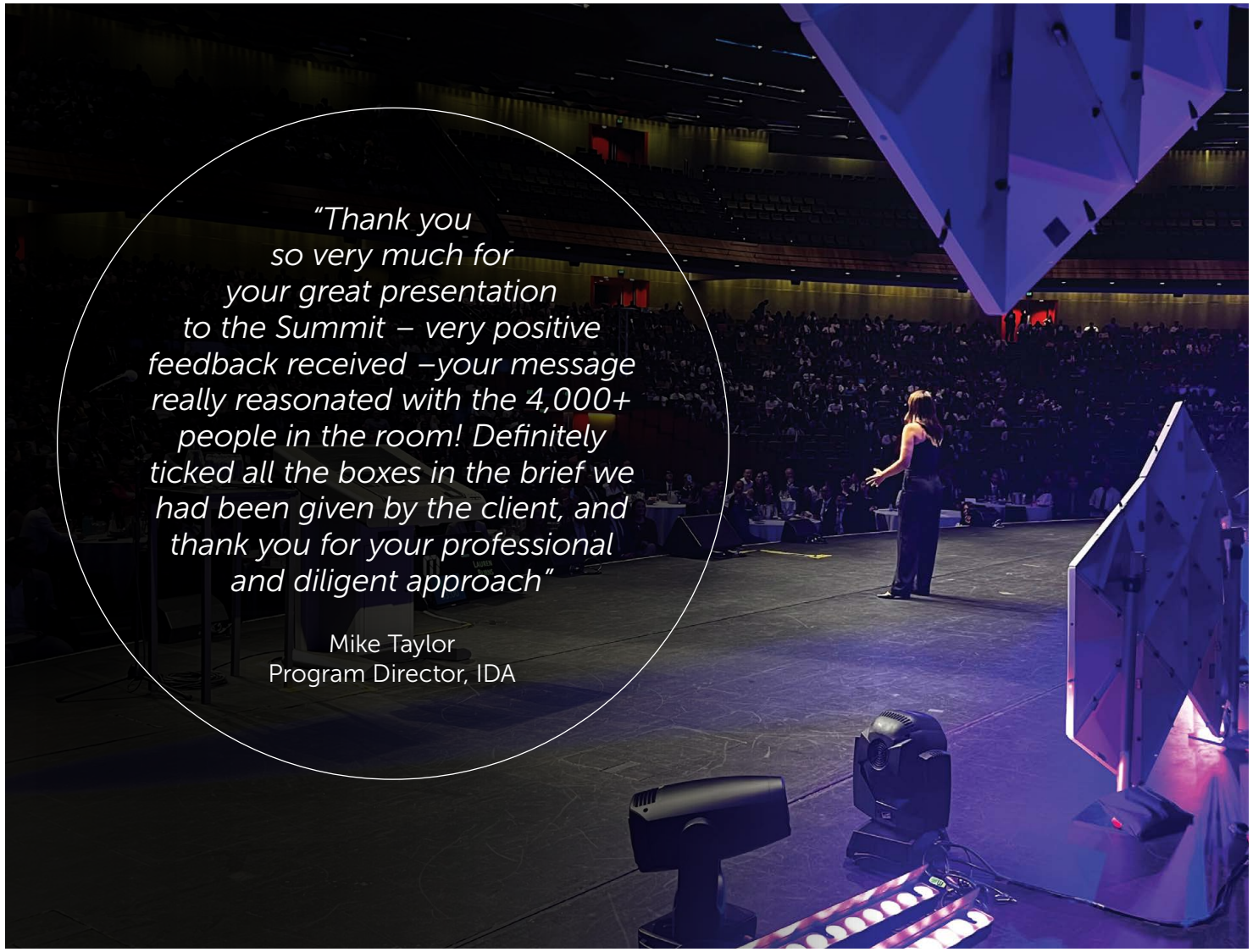
*"The workshop was fantastic, I learned so much about nutritious food and tips for my own dietary wellbeing from Lauren"*

Participant



*"Thank you so very much for your great presentation to the Summit – very positive feedback received – your message really resonated with the 4,000+ people in the room! Definitely ticked all the boxes in the brief we had been given by the client, and thank you for your professional and diligent approach"*

Mike Taylor  
Program Director, IDA



“

To inspire people, don't  
show them your super  
powers – show them theirs.

ALEXANDER DEN HEINER

”





# WHAT CLIENTS SAY

"Lauren was absolutely sensational!"

BHP

"Lauren spoke in a way that 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

"Couldn't have gone better, everyone loved Lauren. Really hit the mark covering across mental health. She was authentic, funny and raw... no bullshit and everyone could see that. Feedback was that she is the best speaker they've ever had"

YARRA RANGES COUNCIL

"Lauren was inspirational. Her affinity with wellbeing made her the ideal speaker at our conference. She managed to combine her remarkable story, with points that were highly relevant to our audience, industry sector, and region"

DAYLESFORD MACEDON TOURISM

One of the most relatable and inspirational presenters I have seen"

FUTUREGEN FOUNDATION

"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

"Excellent. An empowering presenter that left the audience touched, moved and inspired"

PROPERTYINVESTING.COM

"Excellent. Not only was Lauren well prepared, inspiring and provoking, she made people feel special with her generous time mingling with everyone. I would recommend her in a heartbeat"

INCIRCLES

"Lauren is an engaging and authentic facilitator who inspired our team through a mix of personal stories, life advice and movement. Lauren has great energy and her session on 'self-mastery' really resonated and motivated those that attended"

TAC

"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 one-on-one following the presentation"

FOSTERS

"Brilliant! Lauren was enthralling – she captivated the audience as she spoke with us. This is quite rare as most presenters seem to speak to you and it's so much more fulfilling and inspiring to have someone – a perfect stranger – just neatly and happily step into your mind. I have already experienced a number of highly excited people congratulating us for letting them hear Lauren. She won the hearts of everyone in the room"

BGKLLN



DR LAUREN BURNS  
*Elevating Potential*

PERFORMANCE AND LIFESTYLE COACHING



# DR LAUREN BURNS

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

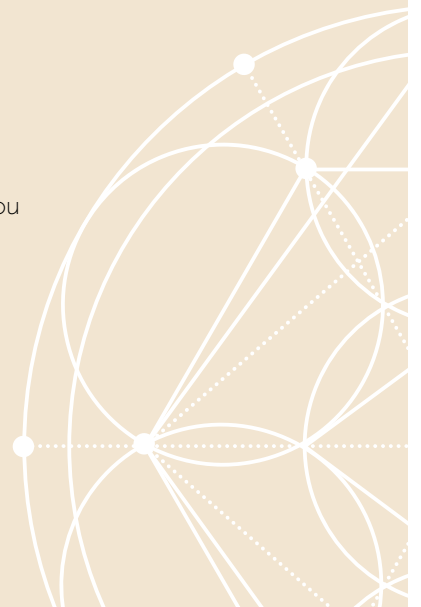
As a qualified health professional, Lauren combines her experience in elite sport, health and nutrition with her Doctoral research in lifestyle, mindset and interpersonal relationships, to assist you in finding your own personal rhythm, clarity and road-map for any life stage.

This is your chance to work one-on-one with an Olympic gold medallist and qualified health professional, who is dedicated to assisting you achieve direction, purpose, self-belief and strategies for self-care, vitality and implementation of goals.



## PERSONALISED PERFORMANCE & LIFESTYLE SESSIONS CAN HELP YOU:

- To create healthy habits which support you into the future
- Provide an individualised health plan for your own personalised rhythm and life stage
- Create a roadmap that matches your vision for the life you want, short and long term
- Understand your unique strengths and values
- Set clear achievable goals which are aligned to your values and which inspire and motivate you
- Support you in achieving milestones in your personal and work life
- Provide accountability to commit to goals and ways to work toward achieving them
- Create strategies to use your time more effectively
- Provide nourishing recipes and recommendations for healthy meals
- Empower you with skills and strategies to steer your own ship with clarity and purpose



# PERFORMANCE & LIFESTYLE PACKAGE

## STRATEGIC INDIVIDUALISED SESSIONS

A personal approach to create optimal vitality and flourishing.

### STAGE 1

#### THE FIRST STEP

- Health and wellness review
- Clarifying your goals and objectives
- Establishing a plan
- Nourishment strategy

### STAGE 2

#### DISCOVERY

- Self-connection
- Alignment with your core values
- Discover areas of your life that are draining you
- Solidifying habits and self-care strategies to support YOU

### STAGE 3

#### PLANNING AND GOAL SETTING

- Creation of your road map
- Big picture analysis
- Specific, detailed planning for your future
- Setting boundaries

### STAGE 4

#### FLOURISHING

- Mindset skills
- Learn effective time management strategies
- Food preparation and nutritional strategies to support your vitality
- Strategic planning inclusive of all aspects of your life

*"Lauren's approach is all about YOU. Assisting you in finding direction, purpose, clarity and vitality on your journey. Through her own experience in health, nutrition and high performance, Lauren utilises her skills in planning, goal setting and creating solid habits and foundations to assist you in reaching your full potential."*



*"Lauren Burns is one of the most incredible people on this planet. Her wisdom and passion for living is admirable, infectious, something which I have observed as one of her biggest strengths, amidst many others. She has taught me a seemingly infinite number of things and has been better than any sport psych I have ever worked with. She is someone that I know understands the inevitable pressure that I sometimes feel. To have her in my corner is an immense confidence booster leading into next year."*

Jaryd Clifford, Paralympian  
1500m & 5000m World Champion

# PACKAGE INCLUSIONS

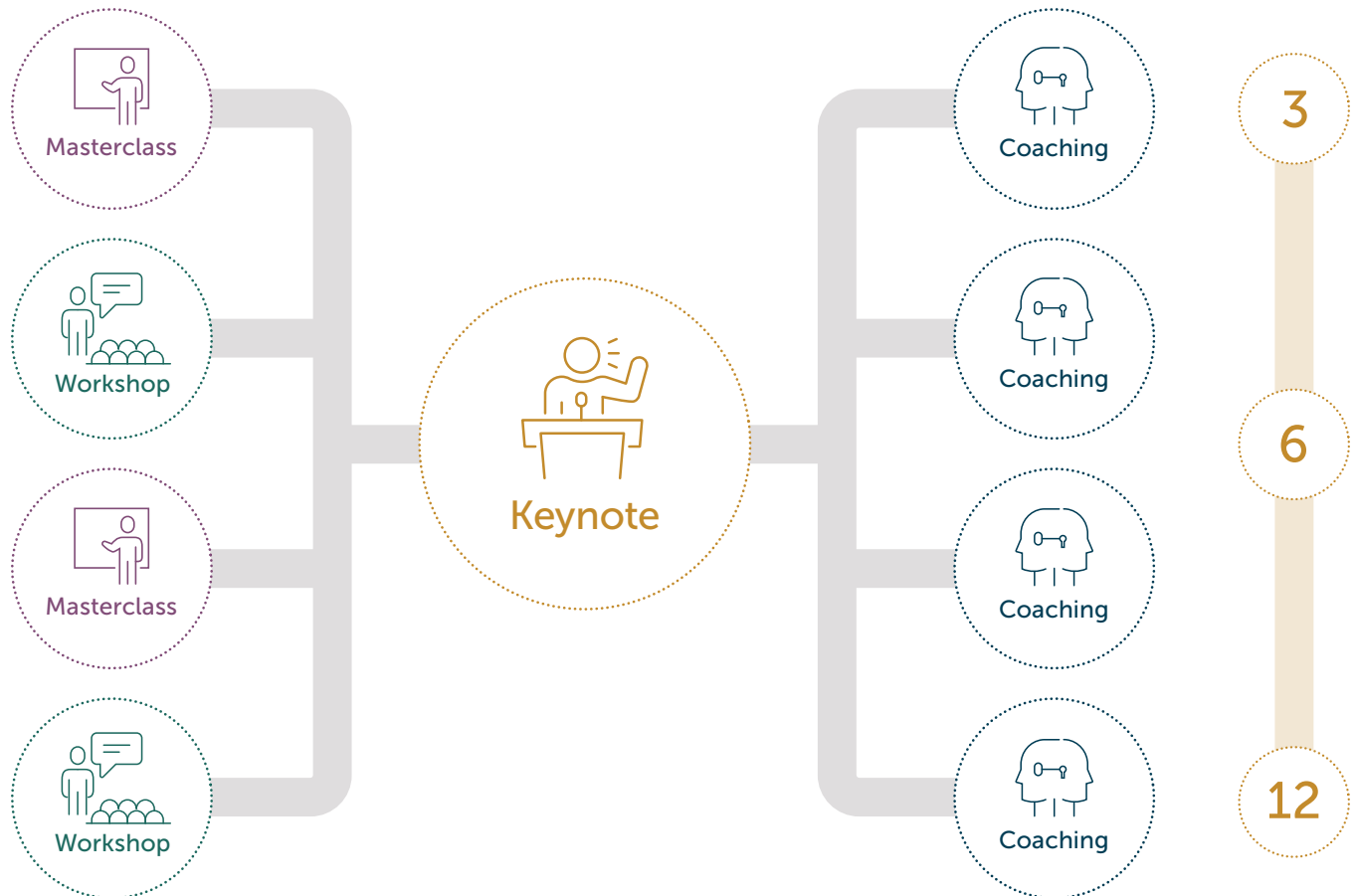
- Initial 60 minute personal coaching session (via phone and/or in person), followed by 3 x 30 minute sessions
- Sessions conducted fortnightly
- Course material
- Opportunity to add more sessions is available

Prescriptions of nutritional supplements, herbal medicines and/or any pathology testing will be charged separately and discussed with the client.

# TIMELINE

## Three, Six, Twelve Month Timeline

A keynote is a great way for audiences to begin the journey with Lauren. Below is a suggested timeline for continuing a deeper and more productive conversation, to elevate potential.



*"Thank you for sharing your journey. It gave me an opportunity to reset and refocus on what is important to me"*

Participant, TAC Workshop

# ENQUIRIES

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