

Intro

Our guest speaker is Taekwondo Olympic Gold medallist Lauren Burns. Lauren created sporting history by winning the first ever Olympic medal for Taekwondo when the sport made its debut at the Sydney 2000 Olympic Games. Her amazing triumph at the Sydney Games was achieved against the odds – requiring enormous discipline, commitment, perseverance and teamwork.

For Lauren to win the Gold she had to shed weight, almost starving herself. She overcame numerous injuries and operations, and made many personal sacrifices. *“But in the long run it was all worth it!!!”*

Lauren is a 12 Times Australian Taekwondo Champion and competed Internationally for over 7 years. She has a string of international medals to her name but the crowning glory was undoubtedly her Olympic victory in the Under 49 Kilogram Class.

Lauren is a qualified naturopath and nutritionist. She is a mother of 2 cheeky teenagers and has a PhD in athlete lifestyle and mindset.

Will you please make welcome our guest speaker, Lauren Burns.