

Alastair Lynch

Motivational keynote speaker, AFL icon, sports commentator

After a career in AFL football spanning 17 years and 306 games at the highest level, Alastair Lynch is officially a Legend and Icon.

Widely regarded as one of the game's all-time greats, Alastair was a former captain and key member of the history-making Brisbane Lions team that won an extraordinary premierships hat-trick in 2001-02-03 to be rated arguably the best team of all time. He was Lions co-captain from 1997-2000 and remained a highly regarded leader of the star-studded Lions outfit despite standing down from the captaincy at the end of 2000.

Alastair had already displayed the same qualities of leadership and determination in 1994 when he was struck by a mysterious illness at the height of his AFL career. He found himself sleeping 18 hours a day, unable to train, struggling to find answers from doctors. He was eventually diagnosed with Chronic Fatigue Syndrome (CFS) in 1995. Instead of allowing the illness to derail his career, he fought back, along the way becoming an inspiration to thousands of CFS sufferers in Australia.

Alastair missed all but one game in 1995 then gradually returned to playing football at the elite level. Despite his gruelling struggle he went on to play his best football as the oldest player in the competition.

Since playing his final season in 2004, Alastair has been in high demand as a corporate motivational speaker. He is very entertaining, quickly engaging his audiences with humour and a relaxed and natural manner. Using his own experiences as a basis, he skilfully relates sporting and health challenges to the challenges facing businesses today.

More about Alastair Lynch:

Alastair Lynch stamped his indelible mark on the AFL record books in his final season in 2004 when he became the 23rd player to kick 600 AFL goals, and the 43rd player overall and the 1st Tasmanian to play 300 AFL games. He also ranks equal 5th in all-time AFL finals goals. In recognition of the high regard in which he is held by the football community, he was chosen in the Fitzroy Team of the Century and the Tasmanian Team of the Century, and was further honoured in 2004 when Tasmanian football's highest individual award, formerly the William Leitch Medal, was re-named the Alastair Lynch Medal.

He was an inaugural member of the Tasmanian Football Hall of Fame in 2005, and was elevated to Legend status in 2006 and Icon status in 2010.

As well as his speaking commitments, Alistair also writes a newspaper column in Brisbane, is a well-regarded commentator on FoxSports and a partner and General Manager of Velocity Sports.

His best-selling autobiography Taking Nothing For Granted, published in 2005, traces his fight against CFS and his football career.

Client Testimonials

The brief we gave Alastair was far from simple ... we wanted him to inspire a few hundred seasoned real estate sales professionals and provide them with the motivation to overcome objections and keep going when things got tough. He did just that. His personal experiences told with humour, honesty and humility touched the hearts of the audience and resulted in some of the most positive feedback that we have had for any of our conference speakers.

REIQ

Alastair has spoken at a number of our Leadership and Team workshops across all states within Australia involving all levels of our leadership teams. His open, honest and personal experiences with the high performing and successful Brisbane Lions team was integral in his professional delivery and was well received in all forums. Alastair has a natural presence at all levels in his delivery and his ability to fully engage with people at all levels and our feedback from all forums was exceptional.

Boart Longyear Drilling Services

His presentation was simply outstanding. I was delighted that he took the time to understand our key objectives and then weaved these clearly throughout his story and messages. His relaxed and engaging style, mixed with solid business linkages and a sense of fun and humour, ticked all the boxes with our team. His presentation was interesting, informative and genuinely inspiring for our group of managers, young and old, new and experienced. The amount of feedback I have received about the information he provided as well as the impression he made with our team was simply unprecedented.

Suncorp

Alastair was approachable by everyone all day. He was relaxed and easy to talk to and engaged readily with all the people he met. When presenting formally, he was relaxed and natural and had a nice blend of humour and interesting stories. He was a real benefit to our day, and it was a pleasure to meet him. He also contacted me directly after it was over, expressing interest in its success. Glad to recommend him to anyone looking for a real gentleman to engage their group.

Guide Dogs Queensland

Client Testimonials

Excellent. I was expecting Alastair Lynch to be entertaining but was completely surprised at just how well he spoke and how funny he was. I would recommend Alastair Lynch to anyone. Not only was Alastair entertaining on the stage but the feedback from guests sitting with him on the table was that he kept everyone engaged in conversation all night. He is a thoroughly nice guy.

Maroochydore Cricket Club

Excellent. Alastair's presentation was exactly what I wanted and the way he related his story from sporting terms to the business was great.

Westpac Financial Planning