

Duncan Armstrong

Olympic Gold Medalist and Champion of Success

Duncan Armstrong is an Olympic Gold Medalist, media commentator and corporate speaker. He's been Young Australian of the Year, has received an Order of Australia Medal and has successfully inspired countless others to achieve their highest corporate and personal goals.

Part underdog, part larrikin, part businessman - there's something about Duncan that appeals to almost everybody. Whether he's commentating, speaking at an intimate stakeholder's luncheon, or for a company wide function, his presentations are unforgettable.

Raised in the Central Queensland town of Rockhampton, Duncan Armstrong rose to national and international fame at the Seoul Olympics in 1988, when he broke the world record to win the Gold medal in the 200 metres freestyle.

Duncan formed a winning relationship with madcap coach Laurie Lawrence which spanned 10 years during which time he collected Gold at the Commonwealth Games, Pan Pacific championships and numerous National and International competitions.

After representing Australia at two Olympic Games Duncan retired from the pool in 1993, Duncan divides his time raising his five children with his wife Rebecca, a corporate career with Telstra, media work, corporate coaching, charitable partnerships, and his services as a committed Christian.

A truly inspirational Australian, with a truly inspiration story. Duncan will share some of his funniest and memorable moments from inside his Green and Gold tracksuit, and the lessons life has presented to him.

Duncan Armstrong talks about:

Keynote Speaking - With a long swimming career behind him, including two Olympic Games, Duncan Armstrong has plenty of humorous and entertaining stories to tell.



Emceeing - Duncan's professional, friendly approach and great sense of humour, help to gel audiences and ensure events run smoothly.

Achieving Success - Duncan Armstrong inspires people of all ages and professions with the success orientated attitude he has carried through all aspects of his life to the corporate world - leaving them burning to achieve their own personal and corporate success.

Client Testimonials



Duncan was both informative and inspiration, his contribution to our event made it all the more successful. I have never been so inspired nor entertained from a guest speaker. I had numerous attendees comment on the segment where Duncan presented. I would and will highly recommend him to fellow business partners and wouldn't hesitate using him again for future events.

Action COACH



Excellent. Duncan not only attended our golf day but also acted as MC for the dinner and interviewed the other athletes in attendance. Feedback was excellent. He changes very easily between one-on-one and MC personas...he is very warm and approachable - perfect for the sort of day we were having which was a golf day where we wanted the athletes to mix with senior executives from our customers. He is obviously passionate about sport and made a terrific contribution to our day.

Fuji Xerox Australia



Senior Management were extremely pleased with Duncan's presentation. He engaged the audience with his easy humour and stories. Duncan also delivered the key messages we wanted the audience to leave the dinner with.

Ergon Energy



Duncan was very well received by my team. He was most professional and delivered clear and relevant messaging around personal motivation and self direction, and the value of learning and listening to those people who are admired and successful in one's chosen field. Duncan's high energy and entertaining manner was just right and the perfect closure to our national team meeting at the Gold Coast!

Medtronic Neuromodulation

Client Testimonials



He was so inspiring and our internal evaluation feedback was a sincere positive from staff with his performance – he was actually quite comical and uplifting.

Friendly Society Private Hospital

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