

## Melinda Gainsford-Taylor

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### *Triple Olympian, sports commentator, MC, Presenter*

One of the greatest runners in Australian athletics history, Melinda Gainsford-Taylor is a three-time Olympian, the current Australian Record Holder in the 200m and was the record holder for the 100m for some 20 years.

Her many incredible achievements include becoming 200m World Indoor Champion at Barcelona in 1995 and the first Australian since Betty Cuthbert to win a World Championship. In 2000 she won almost every race she contested and in South Africa she anchored the women's 4 x 100m relay team to win Gold, breaking an Australian record which had been untouched for over 23 years. She represented Australia at her third Olympic Games in Sydney 2000, where she was voted the female Captain of the team.

Today, Melinda, who has always been popular with the media and public alike, is a successful media commentator and guest speaker who inspires audiences by sharing the challenges, successes and lessons learnt from her international athletics career to help them deal with their own challenges in life. She is someone who has worked hard to achieve at the highest levels and can relate her approach for success to a broad range of subject matter and issues.

While Melinda helps her corporate clients to develop strategies in goal setting and provides management with techniques to inspire and motivate their staff, she is also a dedicated coach to young athletes. She is committed to encouraging children of all ages to take on an active and healthy lifestyle and regularly speaks to school groups and sporting teams.

Since retirement Melinda has been a National Selector for Track and Field and continues the role as the team heads towards the 2016 Rio Olympics. Melinda has been involved in extensive media and corporate work as well as conducting athletics coaching clinics around the country to inspire young children to pursue their dreams. She coaches kids from all sporting codes to help them with explosive speed and is currently expanding this business into local sporting clubs and schools.

Warm, relaxed and highly professional, Melinda Gainsford-Taylor is also an experienced MC having hosted numerous events over the years for her sponsors, sporting bodies, corporates and the media.



## Client Testimonials

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Athletics NSW engaged Melinda to MC our Annual Awards Dinner in 2013 and again in 2014. Melinda was a pleasure to work with and made everyone feel at ease from elite senior and junior athletes through to our much-valued officials and volunteers. Melinda's genuine passion for the sport of athletics and the in-depth insight she is able to share as a highly respected sports commentator and former champion athlete, helped make our events very memorable for all those in attendance. Thanks again Melinda!

***Athletics NSW***



Device Technologies had the pleasure of having Mel Gainsford Taylor address our staff at our annual Ladies Day. Mel delivered a motivational presentation that was sincere, heart-warming and inspirational. She did a fantastic job of sharing her personal story of triumph over adversity, her commitment to continuous and never ending improvement and how the lessons learnt as an elite athlete can be transferred into both the workplace and our personal lives to help cope with the constant pressure and change we face... Thanks Mel, we all felt positively moved by your speech.

***Organisational Wellbeing***

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