

# Jacqui Cooper

# World Champion Aerial Skier & Motivational Speaker

A five-time Winter Olympian and World Champion aerial skier, she has soared to literal and metaphorical heights in one of the most demanding sports on the planet. Her 20-year career—marked by world records, extraordinary comebacks, and unwavering resilience—is proof of what's possible when you back yourself and dream beyond the limits.



Jacqui Cooper represented Australia in the sport of Aerial Skiing for over 20 years, beginning her career in

1989 at Mt Buller with the Techne Team. Within three years she was representing her country at the World Championships in Lake Placid New York; by 1994 she competed at the Lillehammer Winter Olympics. In 1999, just 10 years after starting her sport she became a World Champion. Over the next 10 years she dominated and revolutionised her sport.

In a very long and decorated career Jacqui Cooper competed in 139 World Cup Events, nine World Championships and was selected to five Winter Olympic Teams. When Jacqui competed in Vancouver in February 2010 she became the first Australian woman in history (Summer or Winter Olympics) to represent Australia at five Games. Her record five world titles, 39 World Cup medals, 24 World Cup wins and three major World Championship medals left Jacqui as the greatest Aerial skier of all time (man or woman); an achievement that will go unbeaten for decades.

Jacqui Cooper's sport is unforgiving; she has had knee, elbow, shoulder and hip reconstructions. In 2001, she broke her back in an attempt to win a record 3rd World Title; she went on and won it. In 2002 at the Salt Lake City Winter Olympics she injured her knee and broke her leg, just two days before the Olympic competition ending years of dreaming, willing and wanting.

Jacqui has devoted time to various Sporting Committees around the world, including Australian Olympic Committee (AOC) Board, the AOC Athlete's Commission (Deputy Chair), Ski and Snowboard Australia Board, the Australian Institute of Sport Athletes Commission, the International Ski Federation (FIS) Athletes Committee, the FIS Freestyle Athletes Committee, the World Anti-Doping Agency (WADA) Athlete's Committee and the WADA education committee.

She has also devoted time to speaking to primary, secondary, and university/TAFE students about living a healthy lifestyle, making smart choices, nutrition, being young role models, dreaming BIG, being active and goal setting. Jacqui has travelled to remote aboriginal communities as far as Darwin and beyond spending time promoting all things healthy with a heavy focus on 'SAY NO' to alcohol, petrol sniffing and smoking.



Jacqui is the author of two books – Frozen Hope for couples undergoing or embarking on the sometimes very long and emotional IVF journey, and It Took Three to Make Me an illustrated book that explains the IVF process to children. She is the founder of Food For Me, a range of gluten free foods manufactured in a fully gluten free facility in Langwarrin, Victoria and sold in IGA stores in VIC, QLD and NSW.

Jacqui has won many awards in recognition for her achievements in sport and for her involvement in the community. During her career she was honoured as the Victorian 'Young Australian of the Year' for Sport, Victorian Sports Woman of the year and Ski and Snowboard Athlete of the year. In 2008 she was presented with the 'Governor's Award' at the Vic Sports Awards for being a role model, a champion, and a woman who is successful in sport and life. Since 2010, she has been La Trobe Financial' s Company Ambassador.

Today, Jacqui brings that same energy, mindset, and fearlessness to the stage. Her keynotes are not just motivational—they're transformational. Whether she's speaking about resilience, mindset, or the power of goal-setting, Jacqui challenges audiences to reimagine what they're capable of. Her message is simple: with the right mindset and tools, anyone can aim higher, think bigger, and be bolder.

Authentic, high-energy, and deeply relatable, Jacqui's story doesn't just inspire—it shifts people into action.

# **Topics**

# Resilience

How to unlock, build, and access your own bank of resilience using real-life moments of grit, passion, and purpose.

## Personal resilience

From the heights of global success to the depths of personal loss, Jacqui shares the resilience toolbox that has helped her thrive—on and of the slopes.

#### Power of the mind

Your mindset is your greatest asset. Learn how to manage your inner voice, master self-belief, and build unshakable mental strength.

## Goal setting

How ten pieces of paper, read daily for ten years, helped Jacqui become World Champion—and how you can build your own roadmap to success.

## **Champion attitude**



Attitude is everything. Jacqui shows how a positive internal dialogue and commitment to excellence can transform performance and perspective.

# Change

Adapt early. Embrace reinvention. Jacqui shares how to stay competitive, relevant, and ahead of the curve in times of transformation.

All keynotes can be customised and combined. Workshop and MC options also available.

# **Testimonials**

- "Jacqui was fantastic. I knew she was a wonderful athlete but I never knew the extent of her courage and strength. I loved listening to Jacqui and hearing about her story. Very inspiring.
- Price Waterhouse Coopers
- Everyone was thoroughly impressed with Jacqui's presentation. She was personable and really connected with our attendees. We had a lot of positive feedback after the event.
- Accountancy Insurance
- I have heard Jacqui speak on about 3 occasions and each time I have been inspired by her story. I have witnessed the effect on the audience, she has them spellbound as she talks about her achievements and the incredible challenges she has overcome with injuries etc. yet still bounce back to the top. The most important take away for me is that you can reach incredible heights and then incredible lows but if you want something enough, and if you are passionate enough and single minded enough to pursue it it will happen!
- Mary Kay Cosmetics, Australia/New Zealand
- "Jacqui Cooper is one of the most enthusiastic key note speakers I have heard to date. Her story engaged, motivated and inspired our audience of 200+ Flight Centre Ltd employees. Jacqui's self belief, commitment, perseverance and work ethic (with a clear action plan) can be applied to anyone both personally and professionally. An Aussie success who delighted our crowd with her passion and energetic message..... definitely the high-light of our conference.
- Flight Centre Ltd

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