

Bonnie Hancock

World Record-Holding Endurance Athlete, Former Ironwoman, Resilience & Performance Speaker

A world record-breaking endurance athlete, former professional Ironwoman, and dynamic keynote speaker who inspires audiences with her powerful story of resilience, mindset, and human potential.

In 2022, Bonnie completed one of the most extraordinary endurance feats in modern sport — paddling 12,700 km around Australia on a surf ski. The eight-month journey tested every limit, both physical and mental, as she navigated 6-metre swells, faced sharks, crocodiles, and extreme isolation, and was even hospitalised for malnutrition and dehydration. But her persistence paid off. Bonnie became the fastest and



youngest person to paddle around the country, breaking the previous world record by over two months.

Her story is more than a tale of athletic endurance — it's a powerful testament to mental toughness, adaptability, and stepping beyond the comfort zone. From overcoming gender stereotypes in elite sport to crossing the Great Australian Bight solo, Bonnie's journey resonates with teams, leaders, and individuals striving to achieve the extraordinary.

A former Nutri-Grain Ironwoman who competed at the highest level for nine seasons, Bonnie also holds the world record for the longest distance paddled in 24 hours (open ocean) — an astonishing 234 km, achieved just weeks after returning from her circumnavigation.

When she's not sharing her story on stage, Bonnie is a qualified nutritionist, a surf lifesaving coach, and a passionate advocate for mental health and resilience. Her keynote presentations are authentic, engaging, and filled with real-world takeaways for navigating change, embracing uncertainty, and thriving under pressure.

Topics

- Resilience in the Face of Extreme Challenge
- Leading Through Uncertainty & Change
- Building High-Performance Teams
- Breaking Barriers & Gender Stereotypes
- Mental Toughness: Lessons from the Ocean



• From Burnout to Breakthrough: Sustaining Performance

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