

Natalie Cook

Five-time Olympian, author and businesswoman

Five-time Olympian, published author and successful businesswoman - Nat is one of the most sought-after motivational speakers in the world.

From corporate and leadership training, special guest cameos, keynote addresses on health and wellness, failure and resilience, to school talks and charity event appearances, (she even plays golf!) you too can book Nat to speak at your next event and give attendees something to talk about long after her mouth stops moving.



Through her authentic, lively and matter-of-fact speaking style, Nat knows how to connect, motivate and inspire an audience by sharing her amazing insights and transformative life experiences.

Over the past 15 years Nat has helped thousands of people achieve what they thought was impossible, and she can help you and your business too!

Nat's background as a professional beach volleyballer, published author, businesswoman, mother and public figure, coupled with her immense talent for public speaking has earned her the right to be recognised as one of the very best motivational speakers in the world.

Natalie talks about

- Leadership
- Inspiration
- Motivation
- Sustainable Success
- Resilience & Courage
- Team Building
- Health & Wellbeing

Testimonials

“ Nat Cook is amazing - absolutely hands-down the best speaker I have had the privilege to hear - such an incredibly motivating, witty and extremely entertaining speaker

- Laura Robinson, Tourism & Programs Manager for Adelaide Oval

“ Thank you, Nat, for your fresh honest and open approach to tackling life’s goals and pitfalls. It’s clear to see why you are such a winner and your talk revealed with clarity how others can do it too. Your clarity, sense of humour, willingness to push buttons and stories touched everyone to the point where they all set themselves goals for the year. Truly inspirational. Thank you.

- Gwen Sands, Principal Peregian Springs State School

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