

Leisel Jones

Olympian, Author, MC & Keynote Speaker

Leisel Jones is an outstanding Olympic athlete, an author, media personality, MC and professional keynote speaker. During an undeniably successful professional swimming career she achieved 14 individual world records, and won nine Olympic medals - three Gold, five Silver and one Bronze. Additionally, she achieved seven World Championship titles, 10 Commonwealth Games Gold medals and 23 National titles.

Leisel's swimming career was not without controversy and personal challenges that led to depression and at one time, to consider taking her own life. Lisa draws on all of these experiences, and her research to regain her mental health, to share principles of truth, integrity, and authenticity in life and business. She shares a very personal journey of what it is to be an Olympian - the joys, as well as the pain - where lessons from the pool are seamlessly transformed into lessons of life.



More about Leisel Jones:

Leisel commenced her professional swimming career at the age of 15 and became the youngest member of the Sydney 2000 Olympic Swim Team. She became the youngest ever Olympic medallist in Australia's history when she won two silver medals in the 100m breaststroke and 4x100m Medley Relay.

Leisel's journey continued on to the 2004 Athens Olympic Games where, despite winning gold, silver and bronze medals, the then 18 year old faced her first bout of public criticism and possibly the steepest learning curve of her career. In 2008, Leisel fulfilled her dream of winning an individual Olympic event in Beijing. She came away from her very successful meet with a gold in her pet event the 100m breaststroke, gold in the 4x100m medley relay and silver in the 200m breaststroke.

Leisel completed her illustrious career at her 4th Olympic Games in London 2012, overcoming media controversy, bullying and team dissention to win a silver medal in an event which she holds close to her heart, the 4x100m medley relay.

Having suffered depression, and at one time planned to take her own life, Leisel undertook some deep soul searching, therapy and personal research to regain her mental health.



All of these incredible life experiences enable Leisel Jones to speak from the heart when it comes to sharing what it takes to be a champion. On stage, she is charismatic and down-to-earth. Leisel fills the room with laughter and warmth as she delivers her story on what it means to live with the truth.

[VIEW SPEAKER'S BIO ONLINE !\[\]\(3dfb8d66e81160ad61421a3452093d1b_img.jpg\)](#)

