

Anastasia Woolmer

Australian Memory Champion, Professional Dancer & Keynote Speaker

Anastasia Woolmer is a two time Australian Memory Champion and the first woman to win the Australian Memory Champion title in Australia. She is also a former professional ballet dancer who has performed with companies around the world.

Despite leaving school at 15 to join the Australian Ballet School, Anastasia holds a Bachelor of Economics with a GPA of seven out of seven, something she achieved after retiring from professional dance at age 28.



Helping others to improve their memory is at the core of Anastasia's coaching and speaking work - she believes that everyone can improve their cognitive abilities and memory. She often appears in the media as a memory expert and her inspirational Tedx describes how she learnt to exercise her memory. Anastasia appeared on the popular reality TV show Australian Survivor in 2019.

Anastasia Woolmer talks about:

- Anastasia's inspiring story of how she became a memory champion - with a demonstration of the unique way she learned 100 digits of Pi in under two minutes.
- How anyone can improve their memory, and how it is life changing - with or without a demonstration of memory.
- Five strategies you can employ so you can instantly remember more and learn faster.
- How to persevere and win through difficulty - lessons from being a professional dancer.

Anastasia also facilitates workshops that teach memory techniques. Designed to give usable outcomes - participants come away with an increased ability to remember and learn. Information and techniques covered are tailored to meet the needs of the group, business or industry.

Client testimonials

“ Anastasia Woolmer was a guest speaker on a course for which I am the co-ordinator at the University of Adelaide on August 30, 2018. She spoke about how memory works, how it can be developed using simple techniques, and about the ways in which we can all benefit from improving our ability to remember. Anastasia is a brilliant communicator, with a passion for

her message, which is that the ability to remember is a skill which we can all improve dramatically, and that the benefits of having done so are transformational, in terms of quality of life and productivity at work and elsewhere. A truly inspirational speaker, with a big impact on her listeners, who were captivated by what she had to say throughout.

- The University of Adelaide

“ Thanks for agreeing to speak with our elite sales people. Your presentation was absolutely first class. It's one thing to be inspired but to walk away with practical tools to improve memory was so valuable to our team. Many thanks.

- Managing Director, News Corp Qld & NT

“ I am writing this heartfelt thank you for being an outstanding speaker at our Pace Setters event in Uluru. The energy you brought to the program this year was magic!

- Senior Event Manager , Trade, News Corp

“ When looking for successful Australians to speak at the annual National Young Leaders Day we made the decision to invite Anastasia Woolmer. Her unique story and talent appealed to us, and we were very pleased that it resonated with the thousands of students in the audience. Watching Anastasia demonstrate her memory ability on stage is truly inspiring, and the way she connects this with a message that is relevant to the audience is amazing. Anastasia was also wonderful to deal with, and very generous with her time.

- Halogen Australia

“ Thank you for an amazing session, all of our team loved it! We run mushroom foraging tours and our sales team are regularly meeting new people, so the ability to remember names is something that will make a meaningful impact for our business. Finishing the first session we all feel confident in knowing how to remember names and we're excited to practice the methods that you've taught us ahead of our second session. And not only did we learn, the session was a lot of fun too - you're a great trainer! Thank you Anastasia.

- CEO Fable Food Co

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