

# Blake Johnston

## **Professional Surf Coach, Endurance Athlete and Keynote Speaker**

World-record-holding endurance athlete, professional surf coach and passionate mental health advocate whose story inspires resilience, purpose, and perspective.



Blake Johnston has been a professional surfer since he was 16, dedicating his life to the ocean, high performance, and the sport he loves. With 20 years of elite coaching experience, Blake has coached many of Australia's best surfing talents including current World Tour number 11 Connor O'Leary and Junior World Champ, Jarvis Earle.

Born and raised in Cronulla, Blake has arguably spent more time in the ocean than anyone else on earth. Blake lives and breaths the Blue Mind Theory. Blake has a unique approach to sport and life.

One of Blake's most remarkable achievements is breaking the world record by surfing for over 40 hours, riding an astonishing 707 waves. An epic feat that shows unwavering determination and pushing the limits of what humans can do physically and mentally.

Blake has shown the world that with grit, determination and a lot of hard work, anything is possible. His humble approach in all that he does inspires others to seek what's possible to unlock the human potential and become the best version of themselves.

Blake is now sharing his wealth of experience and unique insights through presentations for schools, sports groups and corporations. He captivates and inspires the audience as he speaks of mental health, and the art of thriving through adversity.

His upcoming book, *Swellbeing* (launching October 1, 2025), blends raw honesty with practical tools for mental resilience — and is already gaining buzz for its transformative message.

## Testimonials

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“ Over the years we have had many high profile speakers come to talk to us, but none have had the impact the Blake had on our team.

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“ Blakey Johnston, was awesome in providing great insight into his world-record surfing feats, daily life and what he does to keep his mental health in the right space, not only testing his mental fortitude with his endurance feats but with his efforts within the mental health space, especially with our younger generation and helping change our culture around addressing and maintaining good mental health.

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“ Blake is a true inspiration. He’s ability to share his story in the most honest and sincere fashion really touched many people in the room.

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[VIDEO OF SPEAKER](#) 