

Lydia Williams

Former Matildas Goalkeeper, Indigenous Advocate & Inspirational Leader

Lydia Williams is one of Australia's most accomplished footballers and a trailblazing goalkeeper whose career has spanned over 15 years at the elite level. Born in Darwin, Northern Territory, Lydia's journey from a remote community to representing her country on the world stage is a story of determination, resilience, and leadership.

She has earned over 100 caps for the Matildas, representing Australia in multiple FIFA Women's World Cups and Olympic Games. Her exceptional reflexes, composure under pressure, and tactical awareness have made her a cornerstone of the national team and a respected figure in women's football globally. At club level, Lydia has played professionally in the W-League and abroad, including stints in the United States' NWSL, demonstrating adaptability and consistent excellence in every environment.

Off the pitch, Lydia is a passionate advocate for Indigenous rights and inclusion in sport. She uses her platform to raise awareness, mentor young athletes, and inspire the next generation, particularly Indigenous girls aspiring to succeed in football and beyond. Recognised not only for her athletic achievements but also for her leadership, community engagement, and advocacy, Lydia stands as a role model for resilience, courage, and excellence both on and off the field.

She is also the author of two children's books, "Saved!" and "Goal!", which are about friendship, sport and teamwork.



[VIEW SPEAKER'S BIO ONLINE](#)