

Dr Lauren Burns OAM

Taekwondo Olympic Gold Medalist, Keynote & Workshop Facilitator

Dr Lauren Burns OAM was one of only three Australian women to win an individual Olympic Gold Medal, along with Cathy Freeman and Susie O'Neill. Lauren made history at the Sydney 2000 Olympic Games, claiming Gold in taekwondo. Her amazing triumph at the Sydney Games achieved against the odds - requiring enormous discipline, commitment, perseverance and teamwork.

The nation watched as Lauren's victory brought the Australian public and Olympic crowd to its feet. Before her Olympic win, few people knew that Lauren was 12 times Australian Champion and had achieved a string of international titles including numerous medals at world championship level. Lauren's gold medal has put Australia on the map as a major international competitor for the sport of Taekwondo.



More about Dr Lauren Burns:

Since the Sydney Olympics, Lauren has emerged as one of the most successful Olympians from these Games. She is one of Australia's most sought after speakers and has spoken to over 300,000 people since the Games.

Lauren continues to travel the country conducting presentations and workshops. Specialising in lifestyle, mindset and human performance, she conducts programs and individual coaching sessions with select clients. She is involved with Gold Medal Ready program with the Australian Institute of Sport. She also sits on the Scholarship Selection Committee for the Sport Australia Hall of Fame.

Lauren enjoys a variety of commitments; she is married with 2 beautiful children, she completed her PhD on lifestyle and mindsets of elite athletes. Her work won the Vice Chancellor's Prize for Research Impact and has been published in high impact peer-reviewed journals.

Lauren's autobiography, *Fighting Spirit* was listed in the Sydney Morning Herald as the number one best selling sports book. Her latest book *Food from a Loving Home*, a collection of vegetarian recipes is a sharing of her favourite recipes. In it, she shares her knowledge about creating tasty wholesome and exciting meals, along with home remedies and kitchen cupboard cures using



ingredients found in any kitchen.

Dr Lauren Burns talks about:

Dr Lauren Burns is a passionate, engaging and down to earth presenter. Her energy and optimism is contagious and will leave your audience inspired and motivated. Lauren is a true story teller, with the gift of transforming her stories into practical strategies for her audience to implement immediately. For decades, Lauren has been conducting keynotes and workshops tailored specifically to her audience.

Lauren is currently delivering in-person and virtual presentations to a diverse range of audiences. She has a PhD in Athlete Lifestyle and Mindset, and works closely with the Australian Institute of Sport both with the Gold Medal Ready program and with their research institute. A best-selling author, Lauren has written two books - *Fighting Spirit* and *Food from a Loving Home*. She also writes nutritional wholefood menu plans for a Melbourne childcare centre, conducts 1:1 executive level coaching and enjoys running a busy family.

Lauren links stories from her Olympic journey, and her understanding as a health professional, with practical strategies for your staff and organisation.

- Holistic lifestyle strategies to drive real change and impact
- Challenge and support to grow and stretch
- Simplifying and setting for success - in work and in life
- Sharing joy and delight in creating delicious and nutritious food and meal-planning strategies
- Values based goal setting and planning

WHAT CAN BE IMAGINED, CAN BE ACHIEVED

- Transforming stories into practical life strategies
- Audience participation with fun taekwondo moves and an audience member breaking a board on stage

ACTIVE TAEKWONDO WORKSHOP

- Fun and interactive taekwondo workshop
- All participants break boards
- Links to personal purpose



HIGH VIBE LIVING -BE YOUR BEST SELF

- Performance, Mindset, Relationships, Lifestyle
- Strategies to structure, balance and energise
- Grow and Stretch, leaning in to discomfort
- Importance of interpersonal relationships for wellbeing, stress and performance

TOPICS

- Motivation
- Resilience
- Relationships and Connection
- Wellbeing
- Lifestyle & Mindset
- Strategic planning and Goal Setting

Client testimonials

“ My staff were taken out of their comfort zone... They were inspired and motivated as they participated in real life martial arts and created strong memories that they will draw on during tough times. The best thing was they had great fun learning focus, mind direction and secrets to increased energy.

- *Peak Fitness Management (Aust) Pty Ltd*

“ Excellent. Lauren and the crew were simply excellent. She provided a great way to close our event with the sounds of around 800 people breaking and then clapping boards. It was a great thrill for all.

- *John Danks & Son Pty Ltd*

“ Lauren's presentation was just fantastic! Exciting and uplifting. She had obviously listened closely to our brief and her talk enhanced the theme of our conference. She was able to win over the hard-bitten experienced pros amongst our sales team as well as inspire us all to achieve more through dedication, passion and unwavering self belief! Her presentation style was warm, with simple, easy to grasp messages on success in professional and personal endeavours. Highly recommended!



- *Metricon Homes Pty Ltd*

“ Excellent... I think every male in the room fell in love that night. Lauren's appearance made this conference a total success. Just a few comments I received from some of our guests that night: Excellent; a great inspiration; best conference ever because of Lauren's presentation; what a lovely girl; best speaker I have ever listened to. One guy had fruit in the morning instead of eggs and bacon and when I asked him why, he replied that he wants to change his life-style after he listened to Lauren. In other words, everybody was blown away and some people had tears in their eyes when they watched Lauren's movie.

- *Euroag Pty Ltd*

“ I have had great feedback from the team on your talk which they found interesting, humorous and inspiring. It certainly made us step back and consider the part we can all play in driving forward the Company's goals. I know the teams were thrilled to have you attend the Awards dinner and it was a pleasure to talk to you during the course of the evening.

- *Colgate-Palmolive Pty Ltd*

“ Lauren's presentation was interesting. It was like it was two separate presentations. The first part was about her winning the gold medal & the process it took to get to that stage & the second part was about looking after yourself & eating & drinking right. Overall, the presentation was very good & she is a really lovely lady. I know of a few staff who came up to me afterwards and said they enjoyed listening to her and took a lot away from her presentation. We ordered her recipe book from her for each of our delegates & they loved it.

- *Heritage Bank*

“ Lauren was received very well. The audience was primary school aged children - most who would not have known who she was (born post 2000), but Lauren gave a wonderful recap and was very interactive with the students. Lauren was very receptive to the audience and the students and teachers had a great time. We've had lots of positive feedback from all who attended.

- *Mildura Rural City Council*

“ Lauren was amazing. The response and impact she had was fantastic. I have had such positive feedback from the girls and the staff. She was motivating, inspiring and engaging. I wish you could have seen the girls afterward swarming around to speak to her and have a photo!

- *Santa Maria College*

“ Excellent. Lauren was absolutely superb. She had the audience totally captivated from the minute she walked onto the stage until she finished 40 minutes later. Her honesty and humour



were inspiring and she was certainly a highlight of the conference.

- National Foods

“ A young, energetic and articulate person. Lauren was well spoken, talked to the audience, gave colourful examples which made the audience laugh, as well as making our function a success.

- AMP

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