

Dr Lauren Burns OAM

Taekwondo Olympic Gold Medalist, Keynote & Workshop Facilitator

Elevating Potential - practical strategies to bring structure, balance and energy into lives, careers and businesses

Dr Lauren Burns OAM delivers powerful, engaging, and life-changing presentations. Lauren's genuine passion for inspiring and empowering participants shines through her unique blend of humour, down-to-earth storytelling, and evidence-based tips for achieving optimal well-being and high-performance living. Her ability to captivate audiences with relatable anecdotes and practical strategies is what sets her apart.

Through her presentations, Lauren elevates the potential of each individual in the room, motivating them to take action and make positive changes in their lives.

She created sporting history by winning the first Olympic gold medal for Taekwondo when the sport debuted at the Sydney 2000 Olympic Games.

She was one of only three Australian women to win an individual Olympic Gold Medal, along with Cathy Freeman and Susie O'Neill. Her amazing triumph at the Sydney Games was achieved against the odds - requiring enormous discipline, commitment, perseverance, and teamwork.

Since the Sydney Olympics, Lauren has emerged as one of Australia's most sought-after speakers. She has been on the speaking circuit for over 25 years and continues to travel the country conducting keynote presentations, workshops, and masterclasses, all centered around 'Elevating Potential' in individuals.

Lauren's presentations are powerful and engaging. Her genuine passion for inspiring and empowering participants shines through with her down-to-earth storytelling and evidence-based tips for achieving optimal well-being and high-performance living. Her ability to captivate audiences with relatable anecdotes and practical strategies is what sets her apart.

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 their research institute. Her doctoral work



won the prestigious RMIT Vice Chancellor's Prize and Deputy Vice Chancellor's Prize for Research Impact and is published in high-impact peer-reviewed journals.

A best-selling author, Lauren has penned two books: *Fighting Spirit* and *Food from a Loving Home*. Lauren also shares her nutritional expertise by designing whole-food menu plans for a renowned Melbourne childcare centre. Additionally, she offers exclusive one-on-one executive-level coaching while balancing the joys and responsibilities of a busy family life.

Over the past 20 years, Lauren has combined all of her learning and experience into nine core elements, making up the Circle of Lifestyle.

More About Lauren Burns

- There is no former elite athlete in Australia today that has such a diverse background of experience, education and then the incredible capacity to deliver, share and teach this knowledge.
- Lauren's genuine passion for inspiring and empowering participants shines through her unique blend of humour, down-to-earth storytelling.
- Her content is all evidence-based packed with tips and hacks for achieving optimal well-being and high-performance living.
- Via her 9 point 'Circle of Lifestyle' model, she is able to create fully tailored keynotes and workshops as result of the vast amount of content she is able to draw from.

Dr Lauren Burns talks about:

Elevating Potential

In this tailored keynote, audiences will learn about:

- Transforming Lauren's Olympic and life experiences into practical life strategies
- Lauren's 'Cycle of Lifestyle' and how this impacts performance, mindset, relationships, and overall well-being
- Practical strategies to bring structure, balance and energy
- The importance of interpersonal relationships for well-being, stress management, and peak performance.
- PLUS Audience participation through taekwondo moves, concluding with one person breaking a board on stage.

LEAP - Lifestyles of Elite Athletic Performers

- Learn from the world's best athletes and gain insights from Lauren's PhD research
- Discover the lifestyle and mindset factors that contribute to the success of Olympic and World Champion-winning athletes
- Explore psychological attributes such as intrinsic motivation, resilience, realistic optimism,



self-regulation, and a thirst for knowledge that define elite performers

- Elevate potential by adopting the mindset and habits of successful athletes into daily life

Values and planning - the key to understanding individuals behaviour, decisions and attitudes

- The benefits of understanding your personal values are well recognised. Personal values are deeply held beliefs and principles that guide individuals' behaviour, decisions, and attitudes.
- Lauren guides participants through the process of identifying their own personal values, what they need to add into their life to support their values, and what they need to change to reflect these values
- Using your values-based decision making has positive impacts on:
 - Health & Well-being
 - Decision-Making & Goal Setting
 - Work Satisfaction & Engagement
- Effective planning is key to both well-being and high-performance. Lauren empowers participants with strategies for short, medium and long-term planning - where they leave equipped with knowledge and recourses to continue incorporating planning into their life.

WORKSHOP TOPICS:

Active Taekwondo Workshop

Make your event memorable - all participants break boards! An excellent way to kick-off or wrap-up a conference - with high energy and sense of achievement and purpose.

Lauren conveys key messages relating to self-belief, mental imagery, and incorporates the ancient practices of the martial art taekwondo, to cultivate the indomitable spirit.

The boards are a metaphor for Action, Commitment and Breakthrough.

Workshop include:

- Simple, high energy taekwondo moves
- Focus on fun, teamwork, practical skills and key messages
- All participants breaking boards
- Signing of participants' boards as take home memento

Mood Food Workshop - How food impacts our energy, mood & mental health

Lauren is a degree qualified Naturopath and Nutritionist and has always been passionate about complementary medicine and wholefoods.

She studied naturopathy alongside training for the Olympic Games and incorporated many principles and naturopathic teachings into her training and diet regime which she attributes to her success at the Games. Her cookbook *Food from a Loving Home* is a collection of her favourite



recipes. Continuing her passion for food as medicine, Lauren has lectured Medicinal Food Science at Endeavour College

Focusing on the scientific link between food and mood, and Lauren's take-home message of 'Eat the Rainbow', this presentation is fun and engaging. Participants learn life skills and knowledge they can incorporate directly into their own lives and kitchens.

Client testimonials

“ 10 out of 10. Lauren is an engaging and authentic facilitator who inspired our team through a mix of personal stories, life advice and movement. Lauren has great energy and her session on 'self-mastery' really resonated and motivated those that attended.

- **TAC**

“ 10 out of 10. It's rare that a room of 1,000 guests is transfixed by a speaker...as in 'not blinking' transfixed. The audience progressed from happy tears during the inspiring video, to laughter, awe and in the end, raw power when Lauren got interactive. So much fun, and the feedback has been universally positive. Lauren is an incredible speaker, but more importantly, an incredible human, and that comes through in spades!

- **Property Council of Australia**

“ From the very positive feedback received, your message really resonated with the 4000+ people in the room! Your talk definitely ticked all the boxes in the brief that we had been given by the client. Also, thank you for being so nice to work with, as well as for your professional and diligent approach.

- **IDA**

“ I thought she was fabulous! I loved her values based exercise - she should have spent more time on that in my view. She had some much more to give.

- **AON Insurance**

“ 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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