Duncan Armstrong

Olympic Gold Medalist and Champion of Success

Duncan became a household name when he claimed one of only three Olympic Gold medals Australia won at the Seoul Games in 1988, alongside hurdler Debbie Flintoff-King and the Australian Hockeyroos.

Duncan Armstrong broke the 200 freestyle World Record to win Australia's 100th medal in Olympic competition. Coached and mentored by the charismatic and unstoppable Laurie Lawrence, Duncan's career in the pool spanned 10 years in the Green and Gold.

Since retiring from competitive swimming, Duncan has received a host of national honours out of the pool including an Order of Australia Medal and the Young Australian of the Year.

Nowadays Duncan divides his time raising his five children with his wife Rebecca, a corporate career with Telstra, media work, corporate coaching, charitable partnerships, and his services as a committed Christian.

A truly inspirational Australian, with a truly inspiration story. Duncan will share some of his funniest and memorable moments from inside his Green and Gold tracksuit, and the lessons life has presented to him.

Duncan Armstrong talks about:

Keynote Speaking: With a long swimming career behind him, including two Olympic Games, Duncan Armstrong has plenty of humorous and entertaining stories to tell.

Emceeing: Duncan's professional, friendly approach and great sense of humour, help to gel audiences and ensure events run smoothly.

Achieving Success: Duncan Armstrong inspires people of all ages and professions with the success orientated attitude he has carried through all aspects of his life to the corporate world – leaving them burning to achieve their own personal and corporate success.

Client testimonials

“ Duncan was both informative and inspiration, his contribution to our event made it all the more successful. I have never been so inspired nor entertained from a guest speaker. I had numerous attendees comment on the segment where Duncan presented. I would and will highly recommend him to fellow business partners and wouldn’t hesitate using him again for future events.

- Action COACH

“ Excellent. Duncan not only attended our golf day but also acted as MC for the dinner and interviewed the other athletes in attendance. Feedback was excellent. He changes very easily between one-on-one and MC personas...he is very warm and approachable - perfect for the sort of day we were having which was a golf day where we wanted the athletes to mix with senior executives from our customers. He is obviously passionate about sport and made a terrific contribution to our day.

- Fuji Xerox Australia

“ Senior Management were extremely pleased with Duncan's presentation. He engaged the audience with his easy humour and stories. Duncan also delivered the key messages we wanted the audience to leave the dinner with.

- Ergon Energy

“ Duncan was very well received by my team. He was most professional and delivered clear and relevant messaging around personal motivation and self direction, and the value of learning and listening to those people who are admired and successful in one’s chosen field. Duncan’s high energy and entertaining manner was just right and the perfect closure to our national team meeting at the Gold Coast!

- Medtronic Neuromodulation

“ He was so inspiring and our internal evaluation feedback was a sincere positive from staff with his performance – he was actually quite comical and uplifting.

- Friendly Society Private Hospital

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