

Hayley Lewis

Small Business Owner, Author, Olympian and Healthy Living Advocate

Hayley Lewis is a former Australian Olympic swimmer, a successful business woman, television presenter, author and proud mother of two boys.

Her extraordinary career in international sport began when she was just 15 and she quickly claimed the title of Australia's youngest ever World Champion. After a long career racing in the pool and in open water (during which time she became a mother) Hayley successfully transitioned into the world of business and media.



An accomplished speaker, Hayley's story is inspiring and her insights into business are invaluable. She appeals to people in business and those considering venturing into a new business of their own.

More about Hayley Lewis:

Hayley burst onto the scene as a 15-year old schoolgirl and captured the hearts of Australians by winning five Gold medals at the 1990 Auckland Commonwealth Games. Backing up a year later, she went on to become one of Australia's youngest ever World Champions by winning the 200m freestyle at the Perth World Championships.

In 1992, at her first Olympics in Barcelona, Hayley brought home a Silver and a Bronze followed by more medals at the 93 Pan Pacific, the 1994 Commonwealth Games, 95 Rome World Championships and the 96 Atlanta Olympics.

Taking a break from swimming after Atlanta, Hayley married her high-school sweetheart Greg Taylor in 1997 and the following year gave birth to their first son, Jacob.

In 1999, she returned to swimming with the goal of making the 2000 Olympic team which she did, as well as the 2001 World Championships in Fukuoka which saw her become the first ever swimmer to compete for her country in both open water and pool swimming at the same meet. Hayley went on to win a bronze medal at this meet and officially retire upon returning home at the age of 27.

In 2002, Hayley opened the first Learn To Swim school based in a shopping centre in Australia which was located at Westfield Carindale. In 2010, Westfield redeveloped the centre and unfortunately Hayley's beloved swim school was demolished. Changing pace, she went on to host

five seasons of *The Biggest Loser*, write a business book - *Dream, Believe, Create* and purchase a commercial property in Balmoral, Brisbane, which became home to her gift and homewares store 'Coming Up Roses'.

Hayley Lewis talks about:

- Researching your idea and competition
- Creating a winning business plan
- Finding finance
- Getting the location right
- Marketing and building your customer base
- Hiring staff
- Staying motivated and maintaining a healthy work/life balance

Client testimonials

“ Hayley did a fantastic job MCing the Myer/Davenport event with Stephanie Rice & Eamon Sullivan. There was a large and varying crowd in attendance, to which her interview questions and the way she interacted on and off the stage and kept proceedings flowing with both athletes was terrific.

- *Myer*

“ Hayley was very informative and kept the audience engaged with her memories about her career. We would recommend her for any future events as a speaker.

- *Queensland Rail*

“ Star power (at the Building Healthier Swim Schools Seminar Series) also came in the form of Special Guest interviewees, masterfully handled by MC Hayley Lewis.

- *Australian Unity*

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