

Brooke Hanson OLY OAM

Olympic Swimmer, Presenter & Motivating Speaker

Brooke Hanson OLY OAM, an Olympic Gold and Silver Medallist empowers people to live a purpose driven life, motivating individuals and inspiring organisations to achieve greatness.

Beat burnout with Brooke and gain the balance you deserve by understanding the signs and implementing the tools to feel motivated, energised and in control.

Transforming lives through energy management, mindfulness and motivation, taking the importance of energy health performance to new levels.

Brooke is a professional motivational keynote speaker, energy health trainer, master of ceremonies, Ted x speaker, television and radio presenter, media consultant, facilitator, mentor and a healthy active mother.

The swimming star remains one of Australia's most recognised Olympians. Brooke is a vibrant high energy presenter she loves sharing her story and keys to Energy Health performance and leadership success by encouraging self-belief, accountability and finding purpose through positivity.

Her bubbly personality, authentic delivery and natural stage presence has been pleasantly received at the thousands of events she's presented at. Brooke has become a source of inspiration to many people through her story of resilience, determination and her positive outlook after much heartache is motivating.

Despite everything that Brooke has faced in her swimming career and beyond she has dedicated her speaking career to helping individuals and businesses achieve personal and team greatness.

Her extraordinary personal journey makes audiences smile, laugh, cry and leaves individuals inspired to live a purpose driven life.

Brooke has continued to manage to find happiness and face every difficulty with a smile and loves nothing more than to share her inspirational story with everyone she meets.

The life lessons, compassion, and growth she has learnt through her experiences gives Brooke an



opportunity to share her story and the tools she has gained that have resulted with successful outcomes.

Brooke's focus is on resilience, energy health, adversity, success, balance, motivation, happiness, and well-being. She shares how to embrace what's important through passion, purpose, love, leadership and finding internal strength to persevere in the face of your biggest challenges.

Delivering strategies to get ahead at work, so you can feel energised again and performance ready for work & life. Brooke empowers people to use the energy health tools and implement them every day to get quality time with your most important people.

She dedicates her time to her passions and aligns with charities close to her heart, she is a proud ambassador for The Starlight Children's Foundation and Life's Little Treasures Foundation.

Her autobiography was released in 2009 and the profits from her continued personal sales go to charities and causes Brooke supports making a huge difference to Australian families.

More about Brooke Hanson

Brooke made her debut for the Australian Swimming Team at the 1994 Commonwealth Games before going on to represent Australia over 25 times at major international championships.

In 2004 Brooke fulfilled a childhood dream, when after missing two Olympic teams in 1996 and 2000, she won Olympic gold and silver medals in Athens.

She created history at the 2004 World Short Course Championships where she won a record six gold medals - five individual and the 4x100m medley relay in world record time.

After studying journalism, the talented swimmer released her autobiography "When Silver Is Gold" The Brooke Hanson Story and she loves nothing more than to share her inspirational story with everyone she meets.

Brooke dedicates her time to her passions and aligns with charities close to her heart such as the Starlight Children's Foundation and Life's Little Treasures Foundation which helps families of babies born premature or sick.

Her television presenting on the TV Week Logie winning show "What's Good for You" earned her a Logie nomination for Best New Female Talent.

She embraced her role on Nine Network's Discover Downunder exploring the best camping and caravanning holiday destinations around Australia throughout 5 seasons. Brooke enjoys the outdoors and camping; she loves filming adventures with her family which included Seven Network's My Road To Adventure.



The Olympic champion continues to enjoy a successful career for herself as a television personality, product ambassador and balances her professional media career with; motherhood, appearances, hosting, motivational speaking, charity events, swim clinics and her commitment to promoting a healthy and active lifestyle for all Australians.

Brooke Hanson speaks about:

Inspirational - When Silver Is Gold the Olympic Dream

Motivational - Health and Wellbeing and confronting your comfort zone Leadership - Parallels between sport and business, Where there's a Will there's a WAVE, Team Culture

Loss, Grief and moving forward

Strong Women, Mother Motivation - when dealing with the mayhem

Work Health and Safety

Media Training Workshops

Brooke adds another dimension to in person and online corporate conferences as a host, keynote speaker, motivator, trainer team building leader, her smile and bubbly personality is contagious.

Brooke is an experienced MC, hosting award ceremonies, black tie balls, breakfasts, anniversary dinners, presentation nights, fundraisers, launches and publicity events.

Brooke has presented on; Striving for Excellence whilst Striving for Balance, Loss, Grief and moving forward, Strong Women don't need muscles, Mental Health and Living Your Best Life, Mother Motivation when dealing with the Mayhem, Work Health and Safety as well as leadership and media training workshops.

Some of the businesses Brooke has had the honour to MC and deliver the keynote speeches at their events, awards nights, conferences, launches and gala dinners include; Daimler Trucks and Buses, Optus, Ramsay Health, Australian Olympic Committee, City Venue Management, Spar Australia Limited, Gold Coast Suns, The Star Gold Coast, Belgravia Leisure, Transplant Games, Austswim, Australian University Sport, Gold Coast 2018 Organising Committee, Speedo, Commonwealth Games Association, ASCTA, Triathlon Australia, Surfers Paradise Demons, Surf Life Saving Australia, Belgravia Foundation, Currumbin Surf Life Saving Club Women on Sand, Cancer Council.

Client testimonials

“ On behalf of the delegates that attended our annual national convention last week. We were blown away with Brooke Hanson's positive energy, courage & inspirational message that she



delivered. The feedback we have received from our people has been overwhelming and the highest praise we have received from a keynote speaker in recent years. The take home messages were delivered with passion, enthusiasm, humour & professionalism. I would highly recommend any company or group wanting to empower & inspire their people to engage Brooke as a key note speaker. A 10/10 performance for content & delivery.

- Conference Delegate

“ I just wanted to say thank you so much for the effort and passion you brought with you to our event. It was so well received that when people were asked what the highlight of the conference was for them, you were mentioned several times with everyone being in agreement, thank you very much Brooke.

- Conference Delegate

“ Looking past the success, the medals and the fame, Brooke's shares the normally unspoken and painful parts of her life. Her heart of gold shines through as a beacon of enthusiasm, deep care and what can be possible.

- Conference Delegate

“ I'm so glad I had the chance to hear Brooke Hanson's story at the conference this week. Wow. Thank you Brooke Hanson for being so authentic, and sharing the highs and lows, it was very moving.

- Conference Delegate

“ Brooke's story inspires, captures your attention, then breaks your heart to focus on what's really important in life... If you're not a better person from hearing Brook speak you aren't human.

- Conference Delegate

“ I did wonder what inspiration I could take from an Olympic Swimmer, but my phone is full of screenshots from your talk and my notepad full of notes on how I can change & improve myself at work, in life & at home. You are an incredible woman - as a young mum myself your story brought me to tears but what an inspiration you are.

- Conference Delegate

[VIEW SPEAKER'S BIO ONLINE](#)

