

Dr Jessica Gallagher OLY

Summer & Winter Paralympic Medallist, Passionate Keynote Speaker

Jess Gallagher is the first Australian athlete (Olympic or Paralympic) to win Summer and Winter Paralympic medals,

The multi talented athlete has represented Australia in 4 sports. alpine skiing, athletics, track cycling and rowing.

In 2010 at the Vancouver Winter Paralympics Jess became the first Australian women to win a Winter Paralympics medal when she won bronze in the Slalom. She won her second Paralympic medal at the 2014 Sochi Winter Paralympics another bronze, this time in the Giant Slalom. At the 2016 Rio Paralympics she won bronze in the 1km Time Trial on the tandem.

Throughout her career she has also won 2 Commonwealth Games gold medals and 11 World Championship medals (athletics and track cycling).

In 2022 and 2023 Jess represented Australia concurrently in rowing and track cycling, qualifying both the boat and bike for the 2024 Paralympics. With both competitions occurring on the same day in Paris Jess had a difficult choice to make and has elected to move forwards with track cycling. This decision proved dividends when at the 2024 Paris Paralympics she won silver on the tandem.

Jess is a fully qualified Osteopath, ambassador for a number of not-for-profit organisations and in 2023 was awarded RMIT University's highest honour, an Honorary Doctorate in Social Sciences.



Jessica Gallagher talks about:

Are.You.Ready?

Trust and change

Hurling down a mountain at over 100km/hour with someone else acting as your sight there is no greater skill required than trust. It's a critical element to Jessica's success as a summer and winter

Paralympic medallist, Osteopath and Board Director and yet trust in business and society globally is at an all-time low. In this keynote Jessica will share how she develops, builds and sustains trust whilst adapting to the variabilities around her. The only constant we have in life is that change and trust are necessary for growth and sustainable success. Are you ready?

It's not what you see but how you choose to see it

Leadership and Team Work

As an elite performer Jessica's success is underpinned by the guides that support her to compete, not unlike a manager working with a team. The ever changing dynamics of leadership and team work when coupled with complexity and risk is real and profound regardless of the environment. In order to succeed it's critical leader's get it right. In this keynote Jessica shares the lessons she has learnt in developing her ability to interchange between being led, leading others and the impact of when it goes wrong (and how to stop it from going wrong!)

The Agile Mind

Safety, Risk and Overcoming Fear

How do you remain agile at the time when risk and fear strikes? As a high performance athlete in the dangerous world of Alpine Skiing Jessica shares the practical ways she shaped her risk appetite and turned fear into a must have component of her mindset, skill and performances. It's easier than you might think to create a positive, empowered mindset to ensure you achieve your goals.

Making the time to live better

Health and Wellness

In our fast paced, complex lives it's easy to lose sight of looking after your greatest asset, you. As an Osteopath Jess is asked the ultimate question on a weekly basis, how can I gain work/ life balance? In this keynote Jess will help you see health and wellbeing from a new perspective, share her personal stories of overcoming adversity and give you the tips and tools she has used to create positive and sustainable habits to live your best life. How will you make the time to live better?

Client testimonials

“ Dr Jessica Gallagher not only delivers a remarkable presentation, she also takes those in the room along for the ride with her inspiring story that captivates the entire audience. Jessica shows that no matter your capabilities, anything is achievable with passion, determination, strength and persistence in what you enjoy most in life. Jessica leaves the audience wanting more and more!

- ASFA - The Voice of Super

“ To say that Jessica is inspiring is to understate the truth. She is vibrant, entertaining, motivating, inspiring and so much more. Our audience was enraptured by her story and she made them feel that they are part of her journey. I know that every one of our delegates will be tuning into the Paralympics to watch Jessica and will feel that they have a personal interest in her events. We will all be rooting for her.

- Local Government Managers Australia Queensland

“ Thanks to our I Support Women in Sport (ISWIS) campaign, I crossed paths with this inspiring, driven, vivacious and smart woman about five years ago. While I'm impressed with her sporting and education achievements, I've been even more impressed by her off-field performance. She is the utmost professional. She was the keynote speaker at our 2014 ISWIS Awards' night and she was absolutely fantastic - well-prepared, interesting and had the room riveted the entire time she was on stage. I look forward to working with this fantastic woman in the future (and not just because she goes for the same footy team. Go Geelong!).

- Women's Health Magazine Australia

“ Having Jess Gallagher come and speak to 1,000 secondary students at The National Young Leaders Day in 2014 was such a privilege. She followed and understood the brief exactly and was engaging, inspiring, personable and a great communicator. The students submit a survey at the end of the event and Jess was voted as favourite speaker for the day! She was extremely easy to work with in the lead up to the event and I wouldn't hesitate having her come again.

- Halogen Foundation Ltd

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