

# Lulu Hawton

## *World Boxing Champion, Mental Health Advocate*

Louisa 'Lulu' Hawton is a professional athlete, having represented Australia in Skateboarding and is a two-time World Boxing Champion. Lulu epitomises that anything is possible and it's never too late to follow your dreams. Lulu is a passionate inspirational speaker, empowering people to take control of their lives. She is an advocate for mental health. By sharing her personal struggles with mental illness and ways she keeps her mental health in good shape, she hopes to inspire others to find courage to speak up and make change.



### **More about Lulu Hawton:**

Louisa 'Lulu' Hawton is a world class athlete. Born in Western Australia, in her younger years she represented Australia in Skateboarding and is now a professional Boxer. She is a two-time Boxing World Champion and Australia's only current WBC World Champion.

At the age of 16, Lulu was representing Australia skateboarding on the world circuit. She was ranked 7th in the world and competed in major world cups. Lulu travelled the world skateboarding for some of the biggest skateboarding brands, rubbing shoulders with the likes of Tony Hawk, Rodney Mullen and Ryan Sheckler.

Her dream was to become a World Champion.

During her time as a professional skateboarder, Lulu featured on the cover of *CHICK Magazine* and in *Australian Skateboarding* magazine. Passionate about empowering other young girls to engage in physical activity, she facilitated various skateboarding workshops, appeared as an inspirational guest speaker at different events and performed skateboarding demonstrations around the country.

After having her two children Lulu took up boxing at the age of 30. She saw it as her second opportunity to fulfil her dream of becoming a World Champion. Lulu had two amateur boxing fights, before turning Professional in 2014.

In 2015 she won the WBO Asian Pacific title which put her in the rankings to challenge for a World Championship. With only nine boxing fights in her life, Lulu travelled to Japan to win the WBO Light Fly World Championship.



In 2017, she was awarded the Wonder Woman of the Year at International Women's day. She is a very passionate athlete, dedicated to inspiring others that 'Anything is Possible!'.

With the guidance of Elvis Grant Phillips, Lulu spent the last three years living in USA, fighting on some of the biggest platforms in boxing.

In 2018 Lulu won her second World title in LA, capturing the most prestigious WBC World Championship.

Successfully defending her WBC World title in NYC, Lulu was then awarded the 2019 Supreme Boxing Female Fighter of the year.

"A Champion mindset is what it takes, I apply this to everything". Lulu is passionate about educating on how to maintain better mental health. By sharing her past personal struggles with mental illness, Lulu hopes to inspire others to find courage to speak up and make change.

Her aim is that together we can knockout the stigma that surrounds mental health.

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