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*Incorporating Olympic Communicators
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LAUREN BURNS OAM

Lauren Burns was one of only three Australian women individual Olympic Gold Medallists at the Sydney 2000 Olympics with Cathy Freeman and Susie O'Neill being the other two. Her amazing performance at the Sydney Games was achieved against the odds and with an enormous amount of hard work, perseverance and teamwork.

For Lauren to win the Gold she had to shed weight, almost starving herself, overcome numerous injuries and operations, and make many personal sacrifices. **“But in the long run it was all worth it!”**

Lauren is a 12 Times Australian National Taekwondo Champion and has competed Internationally for over 7 years. She won medals at the World Championships in 1996 and 1997 and won Gold at the US Open in 1999. But the crowning glory was undoubtedly her Olympic victory in the Under 49 Kilogram Class.

In her presentation Lauren talks about what it takes to be successful. She transforms her stories and experiences into life skills that are relevant to her listeners. She interacts with her audience in a fun manner and even gets someone to break a board!

“Lauren’s presentations are always inspirational, captivating and entertaining. She is unquestionably one of the best speakers in this country.”

NATIONAL COMPETITION EXPERIENCE

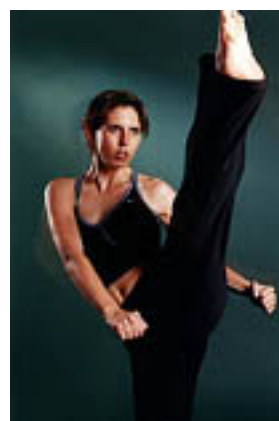
12 Times Australian Champion since 1993
Australian Team Member Since 1993

INTERNATIONAL HIGHLIGHTS

2000 Olympic Gold Medallist
2000 US Open, Silver
1999 US Open, Gold
1997 World Championships, Bronze
1996 World Cup, Bronze
1995 Belgian Open, Gold
1994 IOC Seoul International, Gold

ACHIEVEMENTS:

Best Selling Author “Fighting Spirit”
Order Of Australia Medal
3rd Dan Black Belt
Young Australian of the Year, Nillumbik Shire 2001
Sports Medal Recipient 2001
Leader Newspaper Sports Star of the Year 2001
Blitz Female Full Contact Fighter of the Year 1999, 2001
Women’s Team Captain, Australian Taekwondo Team
Taekwondo Australian Fighter of the Year 2000



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FORMATS

Keynote – “What can be Imagined can be Achieved”

Keynote and Workshop – “Athlete, Coach, Team”

CLIENT FEEDBACK:

“Excellent. As our athlete who thanked Lauren said after her speech , I can not speak for anyone else but ‘I am inspired, Thank you.’ From my personal view point after organising 7 annual awards night I can say she was the best speaker we have had. a true champion who really related to the audience and was very giving of here time.”

Northern Inland Academy of Sport

“A young, energetic and articulate person. Lauren was well spoken, talked to the audience, gave colourful examples which made the audience laugh, as well as making our function a success.”

AMP

“Excellent. Lauren has an outstanding story to tell and is generous with her medal, autographs, photographs etc. I strongly recommend her.”

ANZ Bank

“Excellent. More than a draw card, Lauren is interesting, natural & relaxed as a presenter and has some great stories regarding pushing oneself & overcoming obstacles.”

Tatts Pokies

“Excellent. Lauren was a perfect choice for this event. Her delivery and ‘story telling’ ability made for an enthralling 40 minutes. Most importantly she was completely ‘real’.”

Cadbury Schweppes

“Your inspirational message to our guests was first class and really sealed for us a great night of recognition, for the top achievers in our Dealer network. I know that our people will benefit from your experience and can only hope that some of them can “dare to dream”, and achieve just as you have done.”

Mercedes-Benz

“Lauren is a warm and articulate person whose message of commitment to a goal is very appropriate to our business. Lauren vividly described how she envisioned her success and the self-discipline required to achieve her dream of a Gold Medal. She is very accessible and made herself available to the press and guests alike, all of whom loved her.”

Mary Kay Cosmetics

“Excellent. Lauren was fantastic. She is very engaging, entertaining and was very generous with her time. Would highly recommend her.”

Frank Russell Co

“A strong speaker with an ability to convince in respect of the sincerity of her message”

Australia Post

“Excellent. Really easy to work with and doesn’t have the “take the money and run attitude.”

Big Gig Event Company Pty Ltd

“Excellent. Lauren was a good choice. The audience were captivated by her presentation. Lauren related well to the audience.”

North Melbourne Institute of Technology (NMIT)

“Excellent. Lauren was very well received by our delegates. They found her inspiring and enjoyed her natural and practical approach.”

Retire Invest

“Excellent. Clients found her video & demonstration highly interesting. They also enjoyed her comments on motivation & focus in relation to her sports achievements. Females in the audience identified with her achievements as an Australian Female athlete.”

CSFB

“Excellent. Lauren gave a great presentation. Her manner was very natural and friendly. She had the audience captivated. We got very positive feedback from both the Australia and Japanese members of the audience.”

Women’s Federation for World Peace

“Excellent. Lauren was a breath of fresh air. Her story and presentation were inspirational, enthusiastic and “real”. Lauren has a warm, delightful personality which totally captures the audience.”

Alliance SI

“Excellent. Lauren is young, fresh, unassuming and communicated brilliantly to a mixed audience.”

Seeley International

“Excellent. Lauren’s message was excellent to set the scene for students to focus on the year ahead. She was articulate and captivated her audience.”

Beacon Hills College

“Excellent. A great ambassador of her sport, the Olympics and young Australians overall. A wonderful person.”

Employment National

“Not only was Lauren well prepared, inspiring and provoking, she made people feel special with her generous time mingling with everyone. I would recommend her in a heart beat.”

InCircles Pty Ltd

“Our feedback forms were full of praises for her and many people commented on her motivational skills. She was very generous with her time.”

Southern Cross Computer Systems

“Excellent. Captivating, inspirational and a remarkable person and presentation. A lovely person.”

TABCORP

“Our members enjoyed your warm and personal style, and felt themselves drawn into the story of your preparation for the Olympics, your participation in this great event, and your down to earth

way of organising your life afterwards. Your story was inspirational, and gave us the direction for the planning and hard work that needs to go into being successful in any endeavour.”

First National Real Estate

“Excellent. Lauren was very natural and her enthusiasm was catching. She involved her audience and worked extremely well in our small and intimate setting. We received great feedback from all who attended.”

City of Glen Eira

“Excellent. Lauren is exceptional, connects very well with her audience and gives out heaps of energy.”

Colorado Group Ltd

“Excellent. Lauren was a fantastic role model and very engaging speaker a sheer delight.”

Department of Education

“Excellent. Professional, enjoying and motivating – a fantastic conference presentation package.”

ACTA

“Excellent. Lauren inspired and entertained the audience with her simple but powerful messages on how to succeed through sacrifice and determination.”

City of Whittlesea

“Lauren and Martin were sensational. You were right in recommending them. I couldn’t believe how well they rounded off our programme.”

Wrigley Pacific

“Excellent. Great presentation. Interesting and informative. Action!”

Victorian Taxi Association

“Excellent. Action packed, a great speaker and a very pleasant personality. Kept our delegates enthralled. Passing the gold medal around was also a great idea.”

Regional Insurance Brokers Association

“Full of energy – inspirational. They closed our performance perfectly – all messages relevant to what we had done.”

The Wrigley Company

“Excellent. Lauren’s energy was intoxicating. Our guests were mesmerised.”

PriceWaterhouseCoopers

“Excellent. Not only was Lauren an inspirational and thoroughly entertaining speaker, she was also very approachable and down to earth. She signed autographs and posed for photos all evening and was more than happy to do so. I highly recommend her!”

Fairfax Community Press

“Excellent!

Our function was a Civic reception to recognize the School Captains recently appointed from some 50,000 students at over 70 Primary and Secondary schools in the City of Casey. Lauren’s audience was

150 Year 6 and Year 11-12 students plus another 50 teachers all of whom were engrossed by her every word. All the students performed exercises with Lauren that added to their excitement and made the experience all the more memorable. There will be many parents besieged to find taekwondo schools while fending off practice sessions.

Our aim was to make the school captains feel special, to have them think about leadership and the challenges to follow. Lauren's address was exactly what was required on determination and overcoming obstacles to achieve your goals. It was a fun session expertly delivered and enjoyed by all ages."

City of Casey

"Firstly, thanks SO much for the weekend, I thought you were fantastic. Your presentation (although great before) was even better than I remember.

It was really satisfying from my perspective seeing you grow with the presentation. You are not doing the same thing from years ago and that is a great thing.

Properlyinversting.com

Lauren Burns has also spoken for many other organisations including: Commonwealth Bank, Optus, VicRoads, IBM, Colgate Palmolive, Metricon Homes Pty Ltd, Cummins, Euroag Pty Ltd, College of Pharmacy, Monash University, Thrive PR & Communications, Fitness First Australia Pty Ltd, Victa Lawncare, National Foods, Korowa Anglican Girls School, Netball Victoria, Fosters Group, Millennium3 Financial Services Group, Blacktown City Council, Fairfax Community Newspapers, FCX Australia, BGKLEN, IGA, John Danks & Son Pty Ltd and many more...