

Lisa Curry AO MBE



Keynote / Motivation

Based in: Brisbane

SPEAKER DETAILS

Lisa Curry is undoubtedly one of Australia's most popular personalities, with a unique and powerful message about personal success, overcoming obstacles, discipline, determination, weight loss, regaining your health and getting the best out of yourself.

Lisa was best known for her long and successful swimming career; she has competed in three Olympic Games, two World Championships and three Commonwealth Games and her competitive swimming career spanned an awe-inspiring 23 years and saw her ranked in the top 25 swimmer in the world every year she competed.

She held Australia and Commonwealth records in all strokes except backstroke from 50 – 400 mts, a feat no other Australian swimmer has ever achieved. She was also the first swimmer to represent Australia at Commonwealth Games as a mother. At the age of 30 with 2 small children, Lisa swam the fastest ever time at the 1992 Barcelona Olympics and rates this as a highlight of her career.

Lisa returned to elite sport after swimming coaching and competing with her outrigger canoe team, the 'Riggeroo's, to win four World Championships in the 72km Outrigger canoe race in Hawaii becoming the first Australian team to do so in the history of the race. She also was the first Australian to win the Hawaiian Molokai to Oahu 66km solo outrigger race.

Lisa has achieved and learnt so much from being a triple Olympian, Motivational Speaker and author of six best-selling Health and Fitness books. She has also been a Personal Trainer, Coach, Board Member, TV and Radio Presenter, Product Ambassador and a Mum!

With five Online Weight Loss and Fitness Programs and her new Hormonal Imbalance Educational Website, Lisa continues to work and speak to help motivate, inspire and educate people to assist them to realize their full potential.

Lisa has had her highlights as well as her challenges, one of them coming in 2008 when she underwent surgery to have a cardio defibrillator implanted to restore an irregular heartbeat.

Funny, engaging, honest and passionate, Lisa is a sought-after keynote speaker, who will bring a great warmth to your next event.