

HARNES YOUR FORCE

CHANGE , CHALLENGE AND MINDSET KEYNOTE SPEAKER

From Police Officer to 3-time Paralympian, Author Carol Cooke AM PLY is an inspirational sporting figure in Australia. An expert in overcoming adversity and change she will have your audience members challenging themselves to embrace adversity and change in their lives using her 5 steps to Harness the Force within themselves and find their own Gold Medal Moment

TESTIMONIALS

"Carol's stories of her own journey really epitomised the theme of our event and really resonated with our staff. One of the best events we've ever had."

Mark Johnson, CEO, Shine Solutions Group

AUDIENCE MEMBERS WILL BE INSPIRED TO

- F** - Be FEARLESS and believe in yourself.
- O** - Be ORIGINAL, your uniqueness can create magic.
- R** - REFRAME your thoughts to build RESILIENCE
- C** - Have the COURAGE to take a CHANCE on CHANGE
- E** - EMBRACE the positive in life.

"Carol is an exceptional presenter who engages the audience with touching stories about her life's journey which make you laugh and cry."

Bill Younger, Foundation Director, St. Vincent's Hospital Foundation



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