

Carol Cooke AM PLY

Diagnosed with a chronic illness 24 years ago Carol set herself goals many others wouldn't have dared and continues to race internationally as a Para Cyclist. With 3 Paralympic Games under her belt she continues to challenge herself and others to believe that anyone can overcome adversity, accept change, find hidden courage and their own gold medal moment within themselves. She truly believes that if you dare to face your fears and believe in yourself you can overcome anything. Carol will inspire you to tap into your own resilience to achieve big dreams and **HARNESS YOUR FORCE**, by never giving up.