



SPEAKING KIT

LOURENE BEVAART



**PEOPLE MAY NOT REMEMBER THE
NAME, THE DATE OR THE PLACE.**

But they will always remember the extraordinary story.

I'VE BEEN A WORLD CHAMPION. AND I'VE BEEN A BROKE, SINGLE MUM.

I've battled through the darkness of depression and a broken marriage. And I've built a successful network marketing business from the ground up.

Along the way, I've learned a lot about hard work, resilience, wellbeing and reinvention. By sharing my stories and life strategies, I'll inspire your audience to keep going, keep dreaming and keep building a life they can love.

Based in Australia, I'm available to talk at workshops, events, conferences and seminars nationally and internationally.



BACK FROM THE BRINK:

How I reawakened the champion within and changed the game for good

As a child, I knew exactly who I was. I was a future world champion. Sometime between fulfilling that dream and settling into family life, I stopped dreaming and paid the price. In this talk, I'll share how I hit rock bottom and built myself back up.

The audience will be inspired to reflect on who they are, what they truly want, and how they can implement practical strategies to achieve it.

Key learnings:

- Importance of identity, purpose and self-belief
- Value of dreaming and how to turn aspirations into reality
- Simple strategies to create a more fulfilling life

“I CAN AND I WILL”:

Life lessons from a five time world karate champion

You don't have to be an elite athlete to think and act like one. Determination, hard work, consistency and resilience will get you everywhere.

In this talk, I'll share how I rose to the become a world class athlete and how the lessons I learned contributed to my success as an entrepreneur.

Key learnings:

- How to adopt a positive, winning mindset
- Recovering and healing from mistakes
- Why resilience is paramount in business and in life

HEALTH HACKS FOR TIME-POOR WOMEN:

No, you're not “too busy” to get fit and healthy

You can have all the money in the world but if you don't have your health, you have nothing. In this frank talk, I'll share simple ways women can prioritise their health and wellbeing without spending hours meal prepping and lifting weights.

The audience will be inspired to stop procrastinating and incorporate healthy habits into every day.

Key learnings:

- Impact of poor health on every aspect of life
- Simple, daily rituals to improve health and wellbeing
- How to stop making excuses and start prioritising 'me' time

THE MARATHON MINDSET:

Goodbye instant gratification, hello long-lasting fulfillment

The most valuable things in life take time and dedication. You don't go from sitting on the couch to running a marathon overnight. The same goes for building a business.

Join me as I take an insightful look at what it takes to make it as an entrepreneur in a competitive world – patience, positivity and self-belief.

Key learnings

- The problem with instant gratification
- Why consistency and patience are key to enduring success
- Strategies for successful entrepreneurship in a competitive marketplace

THE FINANCIALLY EMPOWERED WOMAN:

How to take (back) control of your money and your life

When you're in control of your finances, you feel more joy, peace and pride. Why then do so many women relinquish financial control when they get married?

In this thought-provoking address, I'll share practical strategies to help women gain control of their finances and get clear on their goal.

Key learnings:

- Common pitfalls women make when it comes to finances
- Importance of financial empowerment in an uncertain world
- Strategies to take control of your finances (and life)

BIO

LOURENE BEVAART IS THE DEFINITION OF AN OVER-ACHIEVER.

As an elite sportsperson, Lourene won five karate world championships, became Gladiator Glacier after winning series two of the show, and was the personal trainer of choice for Russell Crowe and Shane Warne.

As a health and wellness **entrepreneur**, Lourene has risen to become one of Australia's most driven and inspiring network marketers.

Lourene is also a **survivor**. She has overcome the impacts of depression and a broken marriage to build a business and a life that she loves. A single mum to two daughters, Lourene takes pride in showing them what it means to be a strong, healthy and independent woman.

While Lourene is grateful for her personal success, she is happiest when helping others. Every day, she supports people to **escape the monotonous** and mediocre – to unlock their purpose, reclaim their power and live a life of their choosing.

Lourene holds a Bachelor of Applied Science as well as a Diploma of Education but says she has learned a lot more from the University of Life.



Let's chat about how your next event can excite, enlighten and empower your audience.

- **Book a chat**
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Lourene

