



Natalie Cook OAM OLY

5-time Olympian • Author • Public Speaker • Mother

Olympic Gold + Bronze Medallist

*Visionary in every aspect of life: sport, business and relationships.
The standard of excellence I follow constantly fuels my quest for
knowledge, wisdom and growth.*

VALUES

Commitment
Leadership
Precision
Passion
Teamwork
Discipline
Focus
Hardwork
Determination
Fun

SUCCESS

Olympic Games
1996 Atlanta Bronze Medal
2000 Sydney Gold Medal
World Championships
1996 Silver Medal
2003 Bronze Medal

ACCOLADES

Order of Australia Medal
FIVB Team of the Decade
with Kerri Pottharst
Volleyball Hall of Fame
2013 Inductee
Australian Sporting Hall of Fame
Class of 2013

ADVOCACY

Successful lobby for inclusion
of Beach Volleyball into the
2018 Commonwealth Games
Lobbying for 2032 Olympic
bid in Brisbane, Queensland

PASSIONS

World Olympians Association Board Member
Working with 120,000 Olympians to make the world
a better place

Queensland Olympic Council President
Spreading and maintaining the ideals of Olympism and
the Olympic Movement

Live Out Loud Foundation Founder
Tackling childhood obesity by increasing levels of health
and well-being
liveoutloudfoundation.com.au

SurfVolley Founder
Grassroots Beach Volleyball program in Surf Clubs
building teamwork, self-confidence, social interaction
in Aussie kids
surfvolley.com.au

Dreamfield Advisory Board Member
New & innovative sport precinct in Queensland

CHERISH Foundation Ambassador
Finding & funding research into gynaecological cancer
cherish.org.au

PRESENTER

Workshops & Presentations
Leadership
Motivation & Inspiration
Sustainable Success & Team Building
Health & Well-Being

Master of Ceremonies

Beach Volleyball Corporate Days
Learn to play session followed by games
Get some sand between your toes!

AUTHOR

Go Girl: An Inspiring Journey from Bronze to Gold
Published by Hardie Grant (2001)





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2000 Olympic Gold + 1996 Bronze Medallist

Always believe in the power of your dreams. Go forth and be Awesome!

date of birth
19 January 1975

place of birth
Townsville, Queensland, Australia

nationality
Australian

place of residence
Brisbane, Queensland, Australia

playing partners
2012 Tamsin Hinchley (nee Barnett)
2008 Tamsin Barnett
2004 Nicole Sanderson
2000 Kerri Pottharst
1996 Kerri Pottharst

a few of my favourite things ...

food
Indian

colour
It used to be GOLD (for obvious reasons)
but now it's ...
PLATINUM

super hero
Superman

sporting heroes
Greg Norman & Michael Jordan

hobbies
Golf, reading & going to the movies

passion

As a Speaker, I look forward to inspiring and motivating as many people as I can. With the start of my "LIVE OUT LOUD Foundation" I can fulfil my dream to encourage youngsters to **LIVE OUT LOUD!** Childhood obesity is huge problem all over the world. The Live Out Loud Foundation believes the best way to reduce childhood obesity is through education and providing opportunities for Aussie kids to be active, learn about nutrition and empower them to be themselves. It's about building confidence through sport, fun and teamwork.

www.liveoutloudfoundation.com.au

legacy

SurfVolley is a grassroots program in Surf Clubs around Australia, designed to build participation in the exciting sport of Beach Volleyball. SurfVolley provides starts the pathway to creating the champions of the future.

By providing a fun, engaging and inspiring environment we encourage kids to be themselves whilst learning some new skills.

Being involved in a team sport, such as Beach Volleyball, has been proven to build self-confidence, social interaction and teamwork.

www.surfvolley.com.au

