



Lisa

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ultra endurance athlete /
motivational speaker / author
podcaster

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HI...

My name is Lisa Tamati.

I'm an extreme ultra endurance athlete from New Zealand with 25 years experience racing the world's toughest events and leading expeditions. I am also the author of two books and just about to publish my third book, "Relentless" which chronicles the hard-won battle to save my Mum after a brain aneurysm and stroke. Applying lessons learnt as an extreme endurance athlete we brought Mum back in a three year journey that defied everything the medical fraternity diagnosed.

WHAT I OFFER

I'm passionate about helping people live their best life, and work extensively as a public speaker and coach with a special focus on mental toughness.

I'm contacting you because I think the experiences and knowledge I have would be of benefit for your audience and I'm hoping you would be interested in having me as a guest on your podcast.

Below you'll find some topics that could be of interest for your show.

I look forward to connecting with you,

Lisa xxx

TOPICS

- Mental toughness and emotional resilience
- Brain rehabilitation - strategies and therapies
- .Extreme sport and what the everyday person can learn from it.
- What Athletes bring to the boardroom
- Overcoming obstacles and not letting fear rule your life
- .Beating insurmountable odds and never giving up.
- Why talent isn't as important as mindset, vision and determination
- Healthy mind, healthy body
- Why what you believe dictates your destiny
- How to overcome the fear of failure
- How to get back up after tragedy, loss or heartbreak
- Why emotional resilience and persistence are key factors in success
- Why age is no barrier.