



*Lisa*  
TAMATI

ultra endurance athlete  
motivational speaker  
author



# LISA TAMATI | MENTAL TOUGHNESS COACH & HUMAN POTENTIAL EXPERT

For the past 25 years, Lisa has competed in the world's toughest running endurance events, clocking up over 70,000km, racing everywhere from the Indian and Nepalese Himalayas, the outback of Australia, the Sahara, all over Europe, to the Gobi Desert. She has raced in the hottest place on earth: Death Valley, and has even done an illegal crossing in the Libyan Desert. An extreme expedition that took her years to recover from.

She has pushed her mind and body to the limits, staring down fears and dangers most of us would find insurmountable. She has had her fair share of successes and failures, but has used every one as an opportunity to learn something new and valuable. She is the master of resilience and tenacity, and has learnt many lessons along the way that she openly shares and uses to inspire and motivate.

But Lisa is more than an extreme athlete. She is a motivated business woman who has founded or co-founded seven companies in areas as diverse as documentary production to jewellery design and manufacturing, a hyperbaric oxygen therapy clinic, to mental toughness coaching and event management. She is well versed in the life of an entrepreneur! As well as running ultra marathons, she is also the author of two international best selling books: "Running Hot" and "Running to Extremes", and has produced eight documentaries on her extreme adventures. She has hosted her own health and fitness television show, and is a regular in both magazines, newspapers and TV/radio media as well as being a columnist for Stuff.co.nz.

In 2008, Lisa was awarded with the prestigious title of Maori Sportswoman of the Year, and was also a finalist in the Next Magazine 'Woman of the Year' awards. She was a national champion, and New Zealand representative in 24 hour racing events, and has a number of podium places in renowned international races.

For all her successes, Lisa is a very down to earth and passionately caring person, someone of substance and character, who has had to overcome many obstacles in her personal life. Divorce, financial ruin at a young age, rebuilding life in a foreign country, the deep loss of two babies, and most recently, to supporting her mum after a brain damaging aneurysm, have given her the fight to go up against all odds and challenge the world. When the medical professionals told her there was no hope for her beloved mother, she fought. This is the topic of her third book: "Relentless".

Lisa knows what it takes to overcome obstacles, to chase massive goals and to face your fears. She now lives to teach, coach and inspire people to reach their true potential through her speaking, programs, books, seminars and courses.



# SPEAKING

As an entertainer, motivator and life changing activist Lisa is second to none.

Her infectious and warm nature is open, and has a very real 'no holds barred' honesty, that moves her audience to laughter, and often to tears, but consistently brings about a shift within her listeners to inspire them to move, change and challenge themselves, to grow and take on new perceptions of their capabilities, and discover just what they should expect from, and give to life.

Lisa can tailor her speaking engagements or workshops and seminars to suit your team, groups or organisations needs and challenges. She will work with your event organisers to ensure the right content is delivered.

She also has available a follow up program called "MindsetU", which is Lisa's mental toughness, emotional resilience, leadership and personal development course. This can be built into an ongoing program, so, if required, there is support and accountability to bring about permanent change and development in the listeners lives.

## LISA CAN SPEAK ON SUCH TOPICS AS:

- **Going all in** - what it takes to beat the odds and emerge victorious.
- **Building Mental Toughness and Emotional Resilience**
- **How to Stop Fear Ruling your Life** - How to control your biology to achieve optimal performance under high pressure situations.
- **Leadership** - whether it's an expedition through the desert, in the mountains of the Himalayas, leading a team of colleagues through a difficult project, or a high performing sports team, Lisa has developed the skills of a great leader, and knows how to get the best out of your team through teaching leadership

and empowering skills and principles to help your team reach their full potential.

- **Change Management** - A fixed, stagnant mind set in today's world can lead to disaster for companies and individuals alike. Lisa knows first-hand from her wide ranging business experiences and expeditions that things are always changing and that the goals posts will constantly shift. Organisations that adapt quickest and capture advantages when they present themselves have the potential to survive and flourish.
- **Goal Setting** - Lisa teaches on the mind science of why goal setting works and also the "why" of goal setting, digging deep to understand the real motivations behind a goal in order to be able galvanise all the resources of the body and mind, to achieve the target, and how to take massive goals and break them down into bite sized pieces to be tackled at a reasonable rate.



- **Health and Safety** - Health and safety departments are now present in almost every industry. Lisa has delivered health and safety related seminars and workshops for the oil, mining and forestry industries as well as fire and emergency organisations where risks are extremely high.

She has also worked with a number of companies presenting health, wellness and fitness seminars, following with online platforms, with many resources apps and programs

that can also be built into ongoing, post speaking support for employees to continue company health initiatives and team engagement including physical exercise programs.

Keeping your team safe, healthy, cared for and engaged is now expected from the responsible employer, and has a direct effect on the company or departments bottom line.

- **Risk Management** - Lisa is a self-confessed risk-taker and has taken on many dangerous and difficult projects. She believes that risk taking is important to being successful in life and business, but that all risks should be prepared for, minimised and calculated to the best of your ability. Preparation and diligence are key. Developing training initiatives that manage risk and incorporate vigilance are crucial to success.
- **Women's Empowerment** - Lisa is a strong advocate for equal rights and breaking down the barriers, the glass ceilings. As a woman who has spent her life in male dominated sports and professions, Lisa understands the difficulties women face and takes an "ignore the imposed limitations and do it anyway" approach.



## TOPICS

### BUSINESS

Mastering Leadership  
Change Management  
Entrepreneurship and Entrepreneurs  
Goal Setting  
Personal Development

### LIFESTYLE & WELLBEING

Media Personalities and Celebrity  
Work-Life Balance  
Health and Fitness Coach

### MOTIVATIONAL

Challenge and Adventure  
Inspiring Stories  
Entrepreneurship  
Sports

### POLITICS & ADVOCACY

Positive Ageing Advocate  
Body Positive Advocate  
Women's Empowerment  
Leadership  
Ambassador and Fundraiser for: Curekids,  
CanTeen, Asthma NZ, Samuel Gibson  
Memorial Trust

## LOOKING AT LISA FOR YOUR NEXT EVENT?

Lisa has over 13 years experience as a speaker and presenter, so understands the dynamic of a successful event. She has worked as a presenter, key note speaker, facilitator, and MC nationally, and internationally in over 10 countries, so has the ability to personalise your event.

She is a professional who can tailor an address to the needs of the client,

is extremely resourceful, and can adapt to any situation on the fly.

She can work with you to plan the event from start to finish, and can help to keep an event running smoothly.

She has worked for many of New Zealand's and the world's top brands.

She has a powerful online presence. From her own websites to a large social media following, to her own YouTube channel with over 400 videos. If requested

Lisa can work in with clients to utilise these channels and promote clients campaigns.



## ENDORSEMENTS

### **Stephen Murray**

Heritage Life Care

*"I engaged Lisa to speak at our National company conference in Rotorua in April 2019. Lisas presentation, was real, honest, engaging, relevant and thought provoking. Our entire managers group - 93 people - gave Lisa a well deserved standing ovation for 3 mins. I spoke with a number of our managers post Lisas presentation and all confirmed Lisa was one of the best speakers they had ever had the privilege of listening to. Lisa made herself available afterwards to meet and speak with our team one on one. Highly recommend Lisa as inspirational and real speaker."*

### **Fergus Clark**

Hello World

*"That was such a powerful presentation. To get a standing ovation from our people was just outstanding. Thank you so much for your energy and telling your story with such passion."*

### **Paul Bolte**

CEO Bartercard

*"You were the favourite speaker of the day. Combining personal stories, humour and strong principles to deliver a powerful message. As a professional speaker myself I know when someone is good and you are very good, I would highly recommend you to any organisation looking for an inspiring speaker to take their team to a whole new level."*

### **Stephen Mullins**

Lexvoco Legal Operations

*"Lisa is an amazing, engaging speaker. Her stories were very personal, and quite incredible in terms of her endurance, inner strength and relentless drive, and she relayed them powerfully and effectively. The audience were totally engaged. We knew Lisa would be great but she exceeded our expectations as a speaker."*

### **Rusty Ritchie**

Taranaki District Council

*"Having Lisa as our opening speaker at our conference was a superb choice: inspirational, authentic and engaging, relatable. Thank you so much for sharing your knowledge, experience, and the reality that is your life - you are amazing!"*

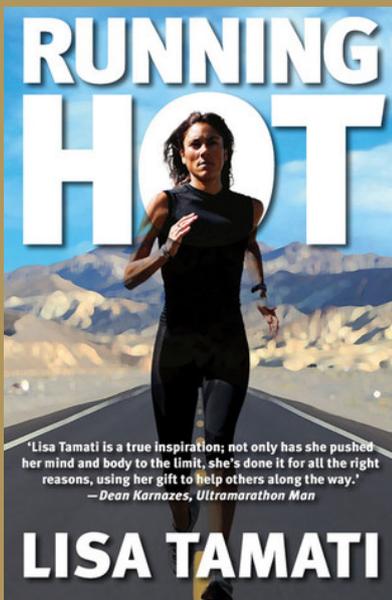


## BOOKS

### RUNNING HOT

Internationally published best selling book.  
Published in 30 countries.

Lisa's incredible story of expeditions, ultramarathon endurance running, heartbreak, and resilience as her long adventure career pinnacles in an attempt to complete the Badwater Ultramarathon: 217km non-stop through the hottest desert on earth. The world's toughest desert foot race.



Lisa Tamati was the first New Zealand woman to compete in the race alongside such legends of the sport as Dean Karnazes and David Goggins. But Lisa's story is so

much more than that one race. At the age of 21 she suffered a crippling back injury and was told she should give up running. She took that as a challenge and, with her Austrian boyfriend, went on to run, walk, bike, and paddle her way across thousands of miles of Europe, Scandinavia, and Africa before taking on the ultimate challenge—an unassisted crossing of the Libyan Desert. What happened in that desert would change the course of Lisa's life and instill in her a love of desert running. This is a story of a life lived to the max—a story of challenges, setbacks, heartbreaks, and triumph.

#### REVIEWS:

##### Dean Karnazes

*"Lisa Tamati is a true inspiration, not only has she pushed her mind and body to the limit, she's done it for all the right reasons, using her gift to help others along the way."* —Dean Karnazes, author, Ultramarathon Man

##### Holly Dale

*"And for the runner in your life. New Zealand ultra runner Lisa Tamati is an inspiration."*

*Anne Carter writes: 'A strong, endearing and very personal account of one woman's growth into extreme sports athleticism. There are even a few tips for those crazy enough to follow.'* —Australian Bookseller & Publisher Magazine

*I have both of these books. What can I say? Strong. Amazing. Inspiring. Real! I then went on to attend a running retreat with Lisa Tamati (and her equally incredible parents & support crew) which was life changing and the group I met have become life long friends."*

##### Lesley Turner-Hall

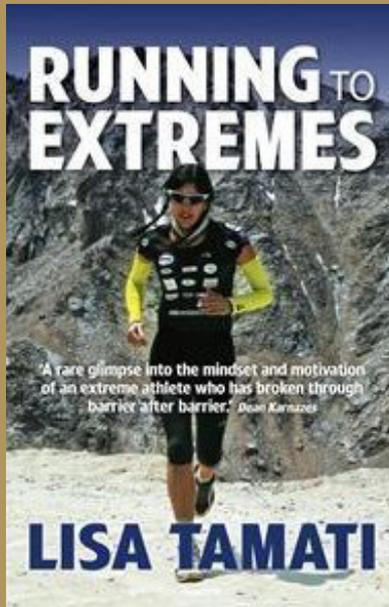
*"I absolutely loved reading Running Hot. Not only was Lisa Tamati super awe-inspiring but it felt like I was reading a story from a friend. I loved checking in with Lisa and being absorbed in her chapters. She was honest and real. Loved hearing about the personal life issues as well as the running side of things. She is one tough cookie both physically and mentally. Couldn't put her book down. I was sad when I finished the book as it meant my "catch ups" with Lisa ended."*

## RUNNING TO EXTREMES

Lisa takes on some of the world's most extreme ultra races in an inspiring look at the reality of a long-distance runner.

Lisa gets asked one question more than any other: why do you do it? Here she attempts to answer that question and many more about ultra-marathon running. In the past few years, Lisa has taken part in some of the most gruelling races on earth. Not content with

having run the Badwater Ultra-marathon once, she's been back and done it a second time. She's also completed the Gobi March and a 250k race in the Egyptian Sahara. However, none of these could have prepared her for her greatest challenge to date—La Ultra, a 222km nonstop race over the two highest motorable passes in the world, at extreme altitudes up to 5700m in the Himalayas. This book tells the incredible stories behind these races, the heartbreak, setbacks and obstacles a runner faces when taking on the toughest events on earth, and provides plenty of advice for runners of all levels and distances. Filled with training tips, gear lists, information on nutrition and supplements, advice on mental preparation and, most importantly, a focus on how to keep healthy while training and racing, it will inspire and motivate runners and non-runners alike.



### REVIEWS:

#### Carol Downs

*"I love this book it's my favourite book!! It's full of some of Lisa's most amazing running adventures where she lays everything on the line to complete insanely long events in crazy terrain under unbelievably hard conditions. What keeps me returning to this book for another read is Lisa is relatable. She doesn't come across as some arrogant superpowered ultra runner. She comes across as a kiwi chick with asthma for goodness sake who's incredibly focused on achieving amazing goals but in a humble way. She's not slow to point out when she's made an error of judgement that's made an event harder. She has my heart beating crazily when she's struggling up passes in the Himalayas struggling with her asthma and altitude issues making it really hard for her to breathe but still completes the event. Her amazing crew members are really so cool the way they work together to help her compete in the Ultra the High in the Himalayas and at Badwater. This book makes me want to challenge myself and not limit my thinking to easy events. It makes me want to push out my thinking on what's achievable for me. This book is my buddy when I get sick and have to stop when I don't want to. I hate being sick or ☹️. Man I'd love to do a desert run or staged event ♥️. Thankyou Lisa."*

#### Alan Howe

*"Running is easy. Just one foot in front of the other. The hard part is not giving up and doing what your mind wants: lying down and curling up into a ball and crying away the pain."*

#### Anne Carter

*"I have both of these books. What can I say? Strong. Amazing. Inspiring. Real! I then went on to attend a running retreat with Lisa Tamati (and her equally incredible parents & support crew) which was life changing and the group I met have become life long friends."*



## DUE OUT SOON : “RELENTLESS”

In January 2016 Lisa’s mum Isobel Tamati suffered a massive aneurysm at the age of 74 that left her fighting for her life. She was not expected to live. She eventually emerged from her coma and stabilised but was left with virtually no higher function, massive brain damage, was unable to speak, had no memory, no ability to control any of her bodily functions or even to sit, push a button or chew her own food. The family were told she would never have any quality of life again but Lisa refused to give up. This is the story of what she and her family did to bring their beloved mother back. Her story is a testament to what love and a never quit mentality can do.

It’s about never ever giving up and always pushing your limits despite the huge odds stacked against you.

It’s about the fact that age is no reason to give up.

It’s also a list of the therapies used and the principles Lisa adopted to get her mother back to where she is today, against the doctors prognosis.

Lisa proved that sometimes you can beat the odds. It’s a heart-warming story of hope.



# PODCAST PUSHING THE LIMITS

Top professionally rated show that has been hitting the airwaves for over three years. Over a hundred interviews from world leading athletes and adventurers, to Nobel Prize winning scientists on the cutting edge of research, to successful business people, to the latest in health and fitness science, as well as the best mental toughness coaches.

With this show, Lisa wanted to get deep into the psyche of those who had mastered a specific area in order to share their wisdom and to empower and educate her listeners and her tribe. This is a show that just like Lisa can't really be put into one box.

It's not just about running, not just about health, fitness, nutrition, weight loss or mind set and personal development. It's not just about high performance, success as an entrepreneur or in business or about controlling your physiology so you can achieve great goals.

It's about ALL of these but more importantly it's about the listener reaching their potential as a human being and all the facets that that entails.

## ENDORSEMENTS:

Expert from experience

★★★★★

*"Keeps it real! Makes total sense. Knows her stuff as she has lived it. Blatantly up-front and none of that wishy washy stuff."*

Froggiebloss - Two thumbs up

★★★★★

*"I am getting my mojo back with regards to my health and running after treatment for breast cancer, I connected with Lisa as I was looking for positive influences from people who are long distance runners and understand our mindset. Lisa's podcasts have been a key factor in getting me out of a negative space where I allowed others limiting beliefs to stop me from following my heart and what I believe is right for me. After 18 months of being in cancer recovery mode I wanted to get out of the cancer mindset and back to achieving goals that had been put aside. Listening to Pushing The Limits has put me onto other great podcasts, and in the process I have learnt so much and am on a pathway to a much better place with my mindset and health. Thanks so much Lisa for doing what you do and always being you."*

L.Faire - Bram Shillings

★★★★★

*"I'm a huge listener of Lisas Podcast , and her work with pushing limits. The variety and calibre of guests is fantastic, I get so much advice and take so much away especially the mental strength podcasts. I have so much of this throughout my training. Keep up the great work."*

Monique



# HOW CAN LISA WORK WITH YOU?

Lisa can work as an MC/facilitator, full or multi-day seminar or workshops leader or as a keynote speaker.

She can help with

- after dinner speeches
- awards dinners
- business breakfasts
- conferences
- trade shows
- Product launches
- Campaign launches
- Brand Ambassador work
- Advertising work
- Live events
- Online events
- Influencer work
- Presenting for video or film production.
- Panel guest
- Tv show guest

# BRANDS LISA HAS WORKED WITH



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