

SPEAKER BIO

In a world of elite athletes who are breaking world records, demonstrating strength and courage beyond the norm, Lauren Tischendorf has joined the ranks by being the first woman to swim around Lord Howe Island – in treacherous conditions and shark infested waters.

Whilst hearing about her motivations, preparations and of course the gruelling 14 hour swim, Lauren shares why she embarked on such an adventure, the thoughts that kept her going, the life lessons she's learnt from the ocean.

Her inspiration comes from being an unsuspecting member of the community, who is constantly looking to push her boundaries, found opportunity to challenge herself in her everyday passion, and uncover what's possible.

Deeply authentic, painstakingly humble, yet unwaveringly courageous and committed to showing the world, and more importantly herself what we are actually capable of, Lauren will challenge audiences' assumptions of what the world has to offer if we just take a breath, and look down.



ABOUT LAUREN TISCHENDORF

As a primary school teacher and the first woman to swim around Lord Howe Island, Lauren has developed a habit of defying people's expectations.

Lauren didn't intend to become an ultra-endurance ocean swimmer, but once she was told she couldn't, it was only a matter of time before she was breaking records.

Passionate about creating equitable opportunities and shifting culture in sectors where women have typically been shut out, Lauren uses her record-breaking swims to encourage much-needed conversations.

Lauren recently became the first woman to solo circumnavigate the 32.2 kilometres around Lord Howe Island in April 2021. This success has been recorded in history by the International Marathon Swimming Association, World Open Water Swimming Association and the Guinness Book of World Records



A Preview of Lauren's recent,
record breaking swim
around Lord Howe Island.



I JUST WENT FOR A SWIM

Lord Howe Island Circumnavigation Footage

<https://www.youtube.com/watch?v=h49kpbqME4XM>



OFFERING

Negotiable & can be tailored for event

Participation in a panel

\$500 incl GST of which I will separate into a donation of 80% to my next challenge, 20% administration fees.

KeyNote

\$800 incl GST - 20 minutes with 10 minutes Q & A
\$1000 incl GST - 40 minutes with 10 minutes Q & A

Training & Development Workshops

\$2500

2 hours & workshop materials

Topics include

- Resilience & Mindset: Going within and beyond
- Goal Setting: Getting what you really want
- Pushing Boundaries & Fear
- Beyond the 9 to 5

Film Viewing/Access

\$600 for 48 hour online access for all staff of the company to watch a short documentary film on my swim, 'I Just Went For A Swim' (pre/post event)



TESTIMONIALS

The EY Supply Chain and Operations team in Sydney was very appreciative of Lauren giving her time to a discussion on goal setting, facing challenges and finding the mental & physical strength when the occasion required it. Lauren was a great storyteller about her record breaking swim, the preparation required and the massive environmental challenges she faced on the days of her swim. Our team was very impressed by how Lauren translated the experience in open water swimming into a broader conversation about working towards goals. We look forward to hearing about where her next adventure and even greater challenge takes her.

Andrew Lorken, Partner, EY Sydney

Lauren has been amazing to work with. She came and spoke to our organisation on an IWD panel and shared her experiences and insights. Her story, motivation, drive and courage as incredibly inspiring and I know that she left the audience with a lot to think about and consider. Lauren is clearly someone who is committed to her mission and has an incredible ability to capture an audience in a way that is authentic and inspiring.

Beyond this she is incredible to work with - engaging, responsive and considered in her approach with others.

Andrea McDowell, Inclusion, Lendi, Australia

Lauren gave a fantastic presentation to my team at EY about goal setting. The vivid descriptions of the swim around Lord Howe Island were great for the team to understand her achievement. Lauren translated this experience into a corporate setting, relevant for management consultants and provided a framework to develop and assess working towards goal setting. Her candour about overcoming obstacles was also inspiring for our team to hear. We'll be watching out for her next epic adventure!

Alex Jones, Trade & Negotiations, Australia



Fundraising & Donation

[GoFundMe: Swim](#)

Selection of Media Publications

[Lord Howe Island Circumnavigation Footage: YouTube](#)

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[Australian Geographic: Talking Heads Podcast](#)

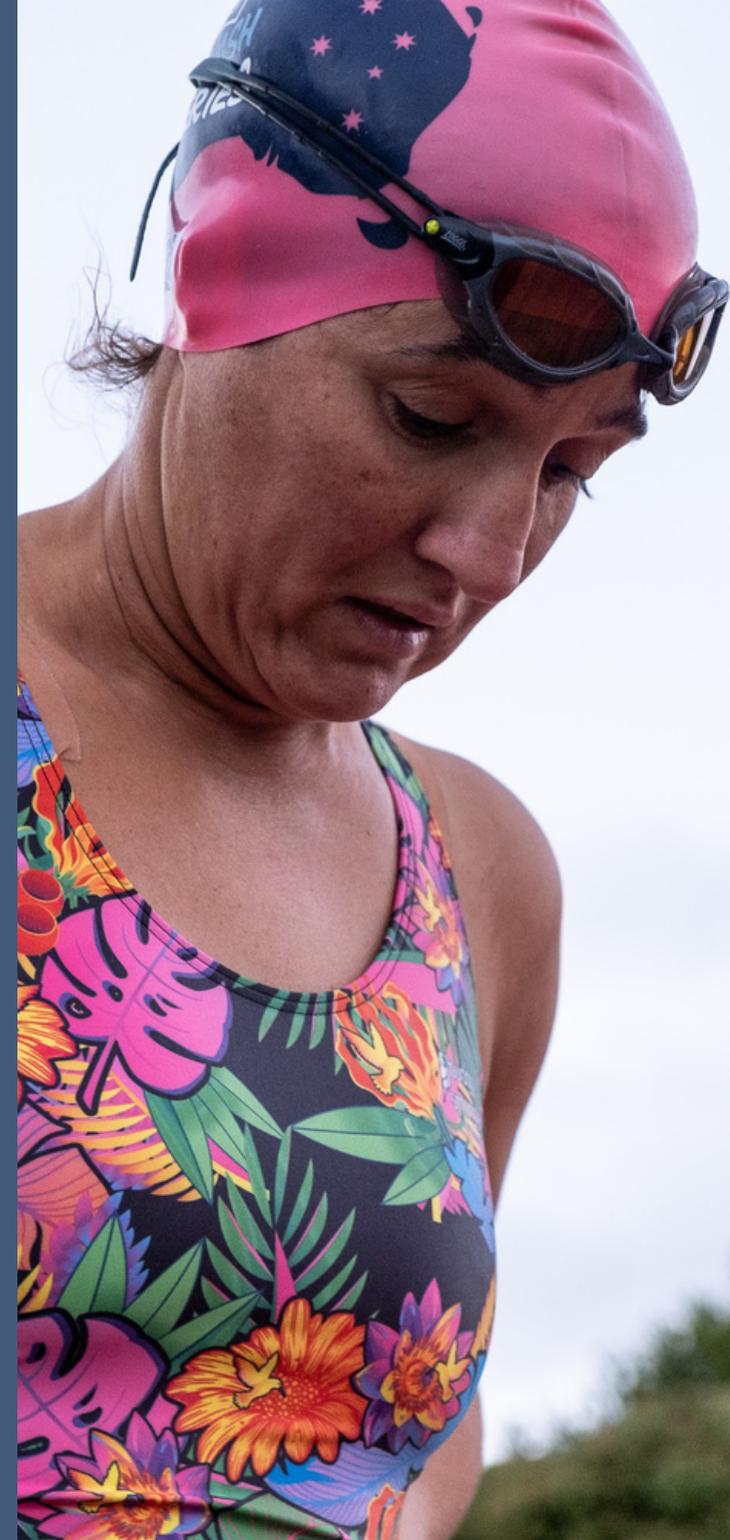
[The Australian Newspaper: Lapping Lord Howe](#)

Social Media

[Instagram @nextpicadventure_lt21](#)

[LinkedIn:Lauren Tischendorf](#)

[laurentischendorf.com](#)



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Lauren Tischendorf

Endurance, Ultra Marathon
Swimmer & Runner
Keynote Speaker
Inclusion & Diversity



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Lauren Tischendorf

Empowering Women & Girls (*especially in Sport*)

Ocean Resilience & Environmental Sustainability

