



# CLAUDIA HOLLINGSWORTH

## OLYMPIAN & TRACK AND FIELD STAR

**IF SOMEONE HAD SUGGESTED TO SCHOOLGIRL CLAUDIA HOLLINGSWORTH IN LATE 2023 THAT SHE WOULD MAKE THE SEMI-FINAL OF THE 800M TRACK AND FIELD AT THE PARIS OLYMPICS AND GO ON TO CLAIM A SILVER MEDAL AT THE WORLD JUNIOR CHAMPIONSHIPS SHE MIGHT HAVE THOUGHT THEY WERE CRAZY.**

At just 19, Claudia Hollingsworth has already had a glittering career. In April 2024, she blitzed the field at the Australian National Championships, earning a reputation as one of Australia's most exciting young sporting talents. And in a highly competitive field at the Paris Olympics in August 2024, Claudia wowed with a confident run that saw her come second in her heat and sail straight through to the semi-finals, showing the world that she was one to watch.

To meet the pressures and challenges of being on the world stage, Claudia has had to develop a mature outlook and a positive mindset, making her a fantastic role model for younger people and an inspiring speaker to motivate audiences of all ages.

### **THE POWER OF MINDSET**

Switching her mindset away from self-doubt and towards visualising success resulted in a positive change in Claudia's performances on the track. She explains that when you approach situations with a positive mindset, positive results will follow.

### **STAYING PASSIONATE**

Claudia has faced some gruelling challenges but her love for her sport has helped her prevail. When you are passionate, success becomes more than just achieving goals, it becomes an exciting journey, she says.

### **FOSTERING COMMUNITY**

One of the best things about competing globally is seeing how athletes lift each other up, even when competing against each other, Claudia says. She explains that having a strong network of supporters has been vital – and that's an important lesson for all of us.

#### **CLAUDIA IS AVAILABLE FOR:**

- Keynotes & Workshops
- School Presentations

For more, contact [hello@tlstalent.com.au](mailto:hello@tlstalent.com.au)  
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