



# JEMIMA MONTAG

## OLYMPIC RACEWALKER

**CHAMPION RACE WALKER JEMIMA MONTAG MIGHT HAVE WON TWO BRONZE MEDALS AT THE PARIS OLYMPICS, BUT IT WAS HER COMMENTS FOLLOWING THE RACE THAT WON HER A BIGGER PRIZE – THE HEARTS OF AUSTRALIANS.**

She passionately encouraged girls to stay involved in sports, not necessarily to become champions but for the sense of belonging and leadership skills it can foster. Her message resonated widely, with one commentator calling it “one of the best post-race interviews of the Olympics.”

### **AN OLYMPIAN’S TOOLBOX: HIGH PERFORMANCE MINDSET**

This presentation translates key lessons from high performance sport and psychology for businesses and teams who hope to maximise their potential. Jemima will use interesting examples from her sporting career and extract key take-aways for the audience in areas such as cognitive expansion, overcoming adversity, balancing multiple commitments, and diminishing our fear of failure.

### **PLAY ON - Women in Sport: How to support us and the power of doing so**

Having navigated the journey from a sporty little girl to an Olympian, Jemima has witnessed firsthand the transformative impact of sport on women and girls.

However, she has also seen many of her sisters and friends drop out, facing unique barriers. In this presentation and drawing on the “Play On” initiative that she developed during her time in the IOC Young Leaders program, Jemima passionately shares solutions, emphasising how sport can be a powerful tool for developing life skills such as leadership, confidence, resilience, and self-awareness and how these qualities not only benefit women in sport but can be translated into the workplace, relationships, and daily life.

### **LEADING WITH PURPOSE: IGNITING TEAMS AND SPARKING LASTING CHANGE**

Jemima Montag is best known for her recent bronze medals in Paris and her memorable post-race interview, but her impact off the track is equally impressive.

From co-captaining the World Youth Track & Field team at the 2015 World Youth Games in Colombia to her numerous leadership roles in school, Jemima has always led by example—showing up prepared, motivated, and ready to inspire. She believes leadership is not just about “doing” but about empowering others: supporting the team, motivating them, identifying strengths and weaknesses, and helping each person discover their unique superpower.

Over the years, Jemima has learned the value of delegation and trust, understanding that building a successful team means creating something greater than the sum of its parts. In this keynote, Jemima will share her personal leadership journey, offering insights on how to inspire, empower, and create a thriving team environment; and demonstrate why true leadership is about creating a movement where everyone can grow and succeed together.

#### **JEMIMA IS AVAILABLE FOR:**

- Keynotes & Workshops
- Panel Moderation & Participation

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