

# Lisa Tamati

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## *Awe-inspiring ultramarathon runner*

Lisa Tamati is renown for being a Professional Ultra Endurance athlete with 25 years experience running the toughest endurance events in the world.

With over 140 ultra-marathons to her name, as well as National Titles, a number of podium places in international races & many expeditions under her belt, Lisa is constantly pushing the limits of human endurance. Lisa has also penned two international best-selling running books, and is a sought after motivational speaker & health optimisation coach.



But despite an extensive list of accomplishments, Lisa has also struggled with self esteem, body image, weight problems, a lack of talent, depression, fear & anxiety, forcing Lisa to learn how to achieve the unattainable.

Lisa now passionately shares her learnings on how to achieve the extraordinary & how to beat the odds. Lisa will help you shortcut the path to transforming your body, your fitness, your health and your wellbeing.

As the host of the top rated podcast called “Pushing the Limits” with Lisa Tamati, an in-depth interview series touching on her favourite topics - the latest breakthroughs in medical & health science, fitness & nutrition, running adventures & pushing the limits of human potential.

Lisa is perhaps best known for being the first kiwi woman to finish the infamous Badwater Ultramarathon through the hottest desert on earth, running 217km non-stop through Death Valley which she did twice. And for running the length of New Zealand (2250km) for charity Curekids & CanTeen.

But Lisa has achieved so much more! With over 140 ultramarathons under her belt and over 70,000km in training and racing. Lisa’s adventures have taken her far and wide. She has canoed down the Canadian Yukon, cycle toured through over 25 countries and illegally crossed the Libyan desert, an expedition that was completed unsupported and through uncharted territory, where she and her three team mates walked 250km in 7 days, carrying their entire water and food supply on her back.

Lisa has run thousands of kilometres through the Sahara Desert (including the Libyan Desert), Arabian Desert, Niger, Jordan, Moroccan desert as well the Chinese Gobi Desert and the

Australian outback. In recent years, she has participated in expeditions and races in the Indian and Nepalese Himalayas.

Lisa is a much sought-after motivational speaker on the corporate speaking circuit internationally & at home in New Zealand. She is the producer or co-producer of eight documentaries showcasing her exploits and adventures, you only have to visit Lisa's YouTube channel to watch Lisa's amazing Ultramarathon documentary series & also Lisa hosting her own Health and Fitness TV show called The Fit Club.

But Lisa is more than just an adventurer! Lisa is also a business woman & has been running her own businesses most of her adult life. She studied Business Studies, Applied Management as well as Counselling & Human Relations before completing a Goldsmith Apprenticeship in Europe and running her own retail outlets in Austria and New Zealand.

Lisa is the owner & founder of Lisa Tamati Enterprises, focusing on Motivational Speaking, Health Optimisation Coaching, Hyperbaric Oxygen Therapy, Longevity & Anti-Aging Supplementation, Author of three books "Running Hot", "Running To Extremes", "Relentless" & host of "Pushing the Limits" podcast.

## Client testimonials

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“ As the final speaker of the National Conference you brought all of the aspects of our conference together, and you were fantastic, your talk is so inspiring. You were the favourite speaker of the day. You combine personal stories, humour and strong principles to deliver a powerful message. I would highly recommend you to any organisation looking for an inspiring speaker to take their team to a whole new level.?

- **CEO Bartercard NZ**

“ I have had the pleasure of listening to Lisa Tamati on several occasions and in a lot of different forums - from corporate lounges, rugby clubs, changing sheds and speaking to other athletes. Don't be fooled by Lisa's good looks, she's a really tough cookie with a definite message and has had to overcome EXTREME obstacles her whole life. Her story is inspirational and motivating but most of all, it is real.

- **Director, Livestock New Zealand**

“ Lisa Tamati is blessed with the many of the qualities that great leaders, athletes, artists and business leaders (for example) have. While most people question what will happen if they don't succeed Lisa will always think instead, 'what if I do succeed?' Lisa's destiny is to inspire those around her; young and old alike and her journey, I believe, is only just beginning.

**- HRV Taranaki**

“ Lisa’s speech was fascinating in its content and inspirational in its message. Students and parents were captivated by Lisa’s experiences as she outlined some of the challenges she has set herself and spoke of what it took to achieve her goals. Hearing how Lisa overcame her own personal challenges helped deliver the message that anything really is possible with determination, application and mental strength - a message that goes far beyond the sports environment

**- St Cuthbert’s College**

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