

Kiara Reddingius

Former Heptathlete and Current Olympic Bobsledder

Kiara grew up in the outback desert town of Leonora, Western Australia. After Moving to Perth for university, Kiara took up athletics later in life than most at 20 years old, very quickly rising up the state and National Ranks for the multi-discipline heptathlon: becoming runner up Australian National Champion for 3 consecutive years and qualifying for the 2018 commonwealth games, unfortunately being overlooked for selection.



She then went on to move to Melbourne to pursue greater opportunities in sport, soon after being selected to represent Australia in the Oceania Championships, winning a Gold medal for Australia and breaking the championship record. In 2021 Kiara took the opportunity to escape the lockdowns in Melbourne, to join one of the two Australian Womens bobsleigh teams. After seeing snow for the first time in November 2021, Kiara out performed all Australian Brake women to be quickly transferred onto the number 1 ranked pilot's Sled. Two days after meeting, Bree and Kiara secured Australia's best ever two man result on a World cup: 7th in the World. Kiara was selected to represent Australia at the 2022 Beijing Winter Olympics as brakewoman to Bree 3.5 months after her first Bobsleigh race, and two months after seeing snow.

Kiara and Pilot Bree are now on a quest to win a Medal in the 2026 Winter Olympics in Milano Cortina, Italy.

Alongside her sporting Career, Kiara is proud to have qualifications and experience across a diverse range of professions. She holds a Bsc in Conservation and Wildlife Biology, GradDip in Secondary Science/Mathematics teaching, is a practitioner in Agile project Management and is now, along with Operations Management for a jnr Gold Exploration Company, a practicing success/mindset NLP coach helping others heal, grow and succeed across all areas of life.

Kiara is also an ambassador in her hometown of Leonora and returns every year for a running event called the "golden gift" where she helps her dad and brother train local and indigenous kids for the running carnival and is Patron of that event.

Kiara talks about

- Growth
- Mindset
- Success

Testimonials

“ I recently had the opportunity to hear Kiara as a speaker of a women’s Leadership Forum. Hearing her journey in Elite Sport, the trials, tenacity and strength - both physically and mentally to achieve competing in the Olympics was incredibly inspirational. I have always understood that to achieve such heights in your chosen industry you must trust the process and put in the hard work but it was her challenge to “Unlimit yourself” mentally that was a huge lightbulb moment for me. Kiara is a phenomenal athlete and she brings the same dedication and passion to her speaking. Thankyou Kiara for sharing your journey... it is life changing and truly inspirational to all walks of life.

- **Julianne Karavitis, Director of JK Artistry**

“ Kiara spoke well and connected with the audience. She is very authentic and passionate, what a great story!

- **Simone de Been CEO, KBCCI**

“ Kiara Captivated the room instantly. She was relatable and raw when it came to highlighting her story. She was very inspirational.

- **Sophie Hurst, Events Coordinator**

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