

Anastasia Woolmer

Australian Memory Champion, Professional Dancer & Keynote Speaker

A 2 x Australian Memory Champion, with several Australian Memory records, Anastasia Woolmer was the first female to win this title, after only five months of self-training.

An entertaining and inspiring public speaker and memory coach, Anastasia trains and motivates people from around the world to improve their memory. She is a regular guest on TV and radio as a topic expert, is a TEDx speaker and appeared as a memory champion on Australian Survivor.



Previously a professional Ballet Dancer, Anastasia also holds a Bachelor of Economics with a GPA of 7 out of 7, received a Prime Minister's Australia Award and is a 2nd Dan Black Belt in Taekwondo. She believes fitness is the key to getting most out of life. This includes both physical and mental fitness – your memory can be vastly improved with techniques and training.

Engaging, inspiring and fun, Anastasia is a natural performer who tailors her content to the group. Connecting with attendees using audience participation, her on-stage memory demonstration at the beginning always amazes the audience and grabs their attention.

Anastasia Woolmer talks about:

- Her journey from an average memory to the best memory in Australia
- Educational sessions that teach real-life memory skills. Topics to choose from include how to remember names, facts, text, numbers, a speech or even customised material
- How memory athletes train to get a superhuman memory, and what parts you could easily adopt
- How to focus on your goal and reach it
- Make your brain more productive and maximise your opportunities
- Five strategies you can employ at work to remember more, learn faster and improve your focus

Client testimonials

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Anastasia Woolmer's speaking appearance at AFG's national conference was brilliant. As an Australian Memory Champion, Anastasia obviously knows her stuff. But it is her ability to translate her well-honed skills into an interactive audience experience – providing the delegates with clever and fun strategies to improve memory, that was impressive. Our audience was completely engaged as Anastasia delivered her easy to grasp, practical memory improvement tools. Anastasia's background as a professional ballet dancer is evident, she has a magnetic stage presence and her skill at interacting with the audience is excellent. Engage Anastasia for your event, you won't be disappointed.

- AFG

⁴⁴ Anastasia Woolmer was a guest speaker on a course for which I am the co-ordinator at the University of Adelaide on August 30, 2018. She spoke about how memory works, how it can be developed using simple techniques, and about the ways in which we can all benefit from improving our ability to remember. Anastasia is a brilliant communicator, with a passion for her message, which is that the ability to remember is a skill which we can all improve dramatically, and that the benefits of having done so are transformational, in terms of quality of life and productivity at work and elsewhere. A truly inspirational speaker, with a big impact on her listeners, who were captivated by what she had to say throughout.

- The University of Adelaide

¹¹ Thanks for agreeing to speak with our elite sales people. Your presentation was absolutely first class. It's one thing to be inspired but to walk away with practical tools to improve memory was so valuable to our team. Many thanks.

- News Corp Qld & NT

¹¹ Thank you for an amazing session, all of our team loved it! Finishing the first session we all feel confident in knowing how to remember names and we're excited to practice the methods that you've taught us ahead of our second session. And not only did we learn, the session was a lot of fun too - you're a great trainer!

- Fable Food Co

When looking for successful Australians to speak at the annual National Young Leaders Day we made the decision to invite Anastasia Woolmer. Her unique story and talent appealed to us, and we were very pleased that it resonated with the thousands of students in the audience. Watching Anastasia demonstrate her memory ability on stage is truly inspiring, and the way she connects this with a message that is relevant to the audience is amazing.

- Halogen Australia

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