

Anastasia Woolmer

Australian Memory Champion, Professional Dancer & Keynote Speaker

Anastasia Woolmer is a 2 x Australian Memory Champion, the first female to win this title. She won her first memory championship after only five months of self-training, setting several Australian Memory records.

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

Previously a professional Ballet Dancer, she also holds Bachelor of Economics with a GPA of 7 out of 7, an Australia Award and is a 2nd Dan Black Belt in Taekwondo. Anastasia believes to get the most out of life it's important to focus on both physical and mental fitness. Just like our bodies our memory can be vastly improved with techniques and training. She founded Master Recall in 2019 to make memory techniques and training accessible to everyone.

Anastasia Woolmer talks about:

Anastasia connects with her audience on any subject. She uses audience participation to bring her messages to the forefront, and her demonstrations of her memory ability on stage always delights the crowd.

Some topics include:

- How she became a memory champion
- A demonstration of the unique way she learned 100 digits of Pi in under two minutes
- How anyone can improve their memory, and how it is life changing - with or without a demonstration of memory
- Five strategies you can employ so you can instantly remember more and learn faster
- How to persevere and win through difficulty - lessons from being a professional dancer
- The mindset of memory



Client testimonials

“ 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**

“ 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**

“ 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.

- **Managing Director, News Corp Qld & NT**

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