

# Cooper Chapman

## *Ex Pro Surfer and Mental Health Speaker*

With over a decade of experience as a professional surfer, Cooper Chapman has a knack for making mental health not just important, but cool.

Growing up in Narrabeen, New South Wales, Australia, Cooper's passion for mental health advocacy was sparked by personal experiences, including his father's struggle with depression and his little sister losing two friends to suicide in her last year of high school.

Since 2019, Cooper has dedicated himself to transforming mental health awareness and education. He has conducted extensive interviews with over 100 experts, continuously expanding his knowledge to deliver practical and accessible mental health strategies. Cooper emphasizes that mental health is not the same as mental illness; it is something we all have and should actively care for daily.

Meditating on a regular basis and practicing mindfulness helps Cooper manage his anxiety and perform at a high level, whether he's competing in a contest or giving a speech.

With a low-key, caring manner that connects with all audiences, Cooper Chapman has trained thousands of Australian students, teachers, athletes, and corporates to increase their mental strength and resilience.

His engaging approach makes complex mental health topics understandable and actionable for participants, empowering them to lead happier and more fulfilling lives.



## *Cooper Chapman Talks About*

### **Living with values**

So often we attach our self-worth and wellbeing with our achievements. When we can align our self-worth and wellbeing with how well we live to our values it allows us to have fulfillment far more often.

### **Empty your bucket**

Life is always going to be filling up our bucket. It is crucial we build self-awareness around how we are feeling so if we are struggling we can take dedicated action to feel better. What skills are you implementing to empty your bucket?

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