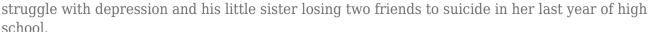


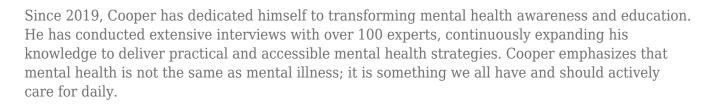
## **Cooper Chapman**

## 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





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.

VIEW SPEAKER'S BIO ONLINE 2

