

Liz Ellis AO

Former International Netball Player, Television Broadcaster & Keynote Speaker

A much-respected voice in Australian sports media, Liz has forged a career as a thoughtful advocate for women's sport and a thought-provoking commentator on the wider sporting and social landscape. Proving her versatility, Liz is equally at home coaching her daughter's junior netball team and working on her family farm, as she is in front of a television camera, behind a microphone or sitting on a company board.

Liz can add "Queen of the Jungle" to her CV after being a popular winner of the 2023 series of Channel 10's I'm a Celebrity Get Me Out Of Here. Voted on by the Australian public, this accolade cemented Liz as one of Australia's most loved personalities.

This is of course just the latest chapter in Liz's impressive television career, which includes appearances on various TV panel, quiz and chat shows.

She has worked on numerous television and radio programs as a general sports commentator and presenter, including the 2000 and 2004 Olympics and the 2006, 2010 and 2014 Commonwealth Games. In 2022, Liz delved into the mystery of her ancestral past as part of the all-star cast of the series Who Do You Think You Are?. In 2024 Liz co-hosted the revival of sports entertainment competition show Gladiators Australia alongside Beau Ryan. She is currently a regular panellist on The Project on Channel 10.

In her playing prime, she was one of Australia's highest-profile elite athletes and ranks as one of Australia's most successful netballers. She played an incredible 15 continuous seasons with the Australian Netball Team, the last four as captain. Liz led the team to a World Cup victory in 2007, the tournament which marked her retirement.

Liz's career highlights include three World Championship gold medals, two Commonwealth Games gold medals and four national premierships with the Sydney Swifts, the team she led for eight years. Liz was named Australia's Most Valuable Player on four occasions to cap all this.

In 2009, Liz became a Member of the Order of Australia (AM) in the Australia Day Honours and in 2018 she was elevated to an Officer of the Order of Australia (AO) for distinguished service to netball as an elite player and coach, through support and advocacy for young women, as a contributor to the broadcast and print media industries, and to the community.

Liz has authored three books, *Playing The Game - A Guide to Playing Netball*, *Netball Heroes*, and



one close to her heart, *If At First You Don't Conceive - Your Friendly Guide To Tackling Infertility*.

She has an Arts/Law degree from Macquarie University and practised in Property and Infrastructure for a leading Australian firm. Liz has served on various boards including the Australian Sports Commission, NSW Institute of Sport, Sydney Olympic Park Authority and Players Voice. In 2024 she was elected the new Chair of the Netball Australia Board.

Liz Ellis talks about:

- Team building
- Goal setting
- Leadership
- Motivation
- Nutrition
- Sport
- Coaching

Testimonials

“ Liz is very down to earth and natural. She had everyone captivated.

- **Sheridan Woodcroft, Domain Principal Group**

“ Great - very practical and down to earth - great sense of humour and very easy to relate to her ideas... very motivating and everyone could have taken away [something] to use in their day-to-day roles.

- **Bayer**

“ Liz pitched it just right and the content was perfect - she was outstanding.

- **Hugh McKid, Head of Finance, Ruralco Holdings Pty Ltd**

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