

Alastair Lynch

Motivational keynote speaker, AFL icon, sports commentator

Alastair Lynch is one of the all-time greats of the AFL, having played 306 games and kicked 633 goals over 17 years with Fitzroy and the Brisbane Bears/Lions and been a member of the Lions' triple premiership team of 2001-02-03. According to many critics the best team of all-time. Alastair is officially a Legend and Icon.

Since playing his final season in 2004, Alastair has been in high demand as a corporate motivational speaker. He is very entertaining, quickly engaging his audiences with humour and a relaxed and natural manner. Using his own experiences as a basis, he skilfully relates sporting and health challenges to the challenges facing businesses today.



Alastair is currently a commentator for Foxsports AFL channel, Foxfooty, a Director of Health and Wellbeing Company 'Healthy Business' and a Director of Gravitas Leadership Group.

More about Alastair Lynch:

Originally from Tasmania, Alastair is a former Lions captain and club champion. He won All-Australian honours as a Full Back, is a six-times leading goal-kicker, an AFL life member and, in two very special highlights which put him in exclusive company, he was chosen in the Fitzroy Team of the Century, the Tasmanian Team of the Century, holds Icon status in the AFL Tasmania Hall of Fame and an inductee in the Tasmanian and Queensland Sports Hall of Fame.

In his mid 20's and at the peak of his athletic career, Alastair's quality of life and sporting career was impacted by a mystery illness, later diagnosed as Post Viral Syndrome, also known as Chronic Fatigue Syndrome.

After missing all but one game in the next season Alastair returned to play for a further 9 years with the Lions team that went on to be one of the great AFL teams of all time, winning 3 straight Premierships in 2001, 02 and 03.

His business career has followed his passion for assisting others with maintaining or achieving a high level of health and leadership.

Alastair's career sees him as a Director of Health and Wellbeing Company 'Healthy Business', a Director of Gravitas Leadership Group, Ambassador for St. Lukes Health and a Board member with the Wicking Dementia Research and Education Centre, a part of the College of Health and Medicine at the University of Tasmania.

In high demand as a corporate motivational speaker, he discusses his physical and mental battle to return to full health returning to professional sport, the leadership that saw the Brisbane Lions go from last on the ladder in 1998 to a triple premiership superpower by 2003 or a combination of the two topics.

Alastair Lynch talks about:

- 'Dealing with Adversity and building resilience' his personal health journey to get back to the top of the game and full health.
- 'High performing teams'. The Lions evolution from bottom of the AFL ladder to 4 Grand Finals in a row resulting in 3 premierships.

Client testimonials

“ The brief we gave Alastair was far from simple ... we wanted him to inspire a few hundred seasoned real estate sales professionals and provide them with the motivation to overcome objections and keep going when things got tough. He did just that. His personal experiences told with humour, honesty and humility touched the hearts of the audience and resulted in some of the most positive feedback that we have had for any of our conference speakers.

- REIQ

“ Alastair has spoken at a number of our Leadership and Team workshops across all states within Australia involving all levels of our leadership teams. His open, honest and personal experiences with the high performing and successful Brisbane Lions team was integral in his professional delivery and was well received in all forums. Alastair has a natural presence at all levels in his delivery and his ability to fully engage with people at all levels and our feedback from all forums was exceptional.

- Boart Longyear Drilling Services

“ His presentation was simply outstanding. I was delighted that he took the time to understand our key objectives and then weaved these clearly throughout his story and messages. His relaxed and engaging style, mixed with solid business linkages and a sense of fun and humour, ticked all the boxes with our team. His presentation was interesting, informative and genuinely inspiring for our group of managers, young and old, new and experienced. The amount of feedback I have received about the information he provided as well as the impression he made with our team was simply unprecedented.

- Suncorp

“ Alastair was approachable by everyone all day. He was relaxed and easy to talk to and engaged readily with all the people he met. When presenting formally, he was relaxed and natural and had a nice blend of humour and interesting stories. He was a real benefit to our day, and it was a pleasure to meet him. He also contacted me directly after it was over, expressing interest in its success. Glad to recommend him to anyone looking for a real gentleman to engage their group.

- Guide Dogs Queensland

“ Excellent. I was expecting Alastair Lynch to be entertaining but was completely surprised at just how well he spoke and how funny he was. I would recommend Alastair Lynch to anyone. Not only was Alastair entertaining on the stage but the feedback from guests sitting with him on the table was that he kept everyone engaged in conversation all night. He is a thoroughly nice guy.

- Maroochydore Cricket Club

“ Excellent. Alastair's presentation was exactly what I wanted and the way he related his story from sporting terms to the business was great.

- Westpac Financial Planning

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