

Glenn Mitchell

Former Sports Journalist, Author & Mental Health Speaker

Glenn Mitchell is a familiar face and voice of the Australian media having commentated sports for over 20 years. He is also a successful sports journalist/author, an influential mental health speaker who draws on his personal experiences, and a polished and articulate master of ceremonies. Glenn regularly appears at major corporate, sporting and government functions.



During an impressive career with the ABC, Glenn travelled Australia and the world to cover top level sport nationally and internationally. He broadcast from four Olympic Games and four Commonwealth Games and provided commentary for over 950 AFL and WAFL games plus 110 test cricket matches and One Day Internationals. Away from broadcasting he held positions on the boards of WA Sports Federation, the Coaching Foundation of WA the WA Paralympic Committee.

Throughout his career in media, Glenn was a sufferer of undiagnosed mental illness. A confluence of events in 2011 saw him descend into a highly depressive mental state that resulted in him inexplicably resigning his “dream job” at the ABC and making an attempt on his own life. His story made front page headlines in Perth. With the support of his wife, family and doctors he was able to fight back from the brink of despair. While he forfeited his dream job, he says what he gained by way of rehabilitation was far more important. After overcoming his personal demons and reshaping his life, Glenn now aims to prevent others from enduring the torturous path he did by candidly speaking about his own journey.

Glenn’s presentation is truly inspiring, uplifting, motivating, informative and also entertaining and often elicits standing ovations from audiences. It is a story laced with poignancy, humour and above all, hope for the future.

Client testimonials

“ Many thanks for the fantastic job you did as MC for our Jumper Presentation Evening. The success of the night can be largely attributed to the insightful and informative style of your presentation, and we thank you for making our event a night to remember for all involved.

- W.A. Football Development Trust

“ Excellent presentation which provided our audience with an entertaining and informative insight into the world of elite sport. We’ve had much positive comment and feedback from our members and guests.

- CPA Australia State Congress

“ Glenn had our audience captivated. His presentation ‘What We Can All Learn from Sport’ was excellent.

- 2006 Ausnet Real Estate Services Conference

“ Excellent speaker. Glenn was exactly what we wanted and participated really well.

- IWIRC Network (W.A.Branch)

“ We appreciated Glenn’s professional approach as MC for our Emerging Leaders Program Launch, and his prior preparation. We were very pleased with the outcome of the launch. Excellent MC.

- Department of Sport & Recreation

“ Glenn was the perfect guest speaker for our Sports Star of the Year Awards. His speech was engaging and most appropriate for the intergenerational audience in attendance. Overall excellent presentation.

- Department of Sport & Recreation. Albany

“ Bibby should be congratulated for inviting Glenn to speak about mental health and suicide, which are somewhat taboo subjects.

- Delegate, Bibby Financial Services Australia Pty Ltd

“ Glenn was fantastic and delivered a very relevant message with his personal story

- Delegate, Bibby Financial Services Australia Pty Ltd

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