

# Jana Pittman

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## ***Keynote Speaker, World Champion and Women's Health Advocate***

Two times world champion, four times Commonwealth champion - in the sport of athletics, Jana Pittman personifies resilience and determination. When continual injuries hampered her athletic career and could have signalled retirement, she swapped the track for the ice, joining the Australian women's bobsled team and becoming the first woman to represent Australia in both a Summer (2000, 2004) and Winter (2014) Olympic Games.



Off the track, Jana completed a Bachelor of Medicine, Bachelor of Surgery at Western Sydney University in 2019 (graduating with First Class Honours and the university medal) and is now a junior doctor in Women's Health.

She completed a Masters of Reproductive Medicine at the University of New South Wales in 2020 and has initiated her PhD in Obstetrics (focusing on aspects of uterus transplantation).

This busy woman is proud mum to six children: Cornelis; little sisters Emily and Jemima; Charlie; and most recently, twins Quinlan and Willow.

Having experienced her own personal scare with cervical dysplasia, Jana became an ambassador for the Australian Cervical Cancer Foundation. In 2021, Jana was a participant in the gruelling television show SAS Australia on Channel 7. She made it to the last day of the course and was the final female standing among the 18 celebrity recruits, despite having given birth only five and a half months previously.

## ***Jana Pittman talks about:***

### **Just Jana** **Join Jana Pittman on a journey beyond the racetrack.**

This keynote dives into the hurdles she faced, both on the track with devastating injuries, and off the track in her pursuit of medical excellence. Jana will share her unwavering resilience, the power of self-belief, and the importance of reinvention. Discover how she continues to redefine success, inspiring audiences to overcome their own challenges and achieve greatness, all delivered with her signature wit and warmth.

Jana's keynote "Just Jana" not only shares her remarkable journey but also equips audiences with practical insights and motivational lessons that empower them to navigate challenges and pursue their dreams with resilience and determination.

### **Overcoming Fear**

#### **Fear. It holds us back from our dreams. But what if you could conquer it?**

Join Jana Pittman, World Champion and fearless competitor, as she unveils the strategies, she used to overcome crippling fear and achieve peak performance. Learn how to identify your fears, develop a growth mindset, and embrace the discomfort of pushing your boundaries. Through personal anecdotes and practical tips, Jana will equip you with the tools to silence your inner critic, step outside your comfort zone, and achieve your full potential.

Jana's keynote "Overcoming Fear" not only provides audiences with practical tools and strategies but also empowers them with the mindset and motivation needed to confront fears, embrace challenges, and achieve their full potential in life and work.

### **Finding your Inspiration: Your Why Feeling lost? Lacking motivation?**

World Champion and doctor Jana Pittman shows you how to unlock your inner fire in this inspiring keynote. Explore the power of "Why" - the driving force behind your goals and dreams. Jana shares her own journey, from overcoming setbacks to achieving athletic excellence. Through practical tips and personal anecdotes, she'll guide you to discover what truly motivates you. Learn to tap into your passions, build unwavering purpose, and ignite the spark that will propel you towards your personal best.

Jana's keynote "Finding Your Inspiration: Your Why" not only guides audiences through a journey of self-discovery but also equips them with practical insights and tools to infuse their lives with purpose and drive.

### **The New You - A Rebrand or Recharge Feeling stuck in a rut? Longing for a change?**

Join Jana Pittman, world-class athlete and doctor, as she explores the concept of transformation. Is it about a complete rebrand, or simply a chance to recharge? Jana will share her own story of reinvention, transitioning from the track to the world of medicine. Discover how to assess your needs, reignite your passions, and embrace lifelong learning. Learn practical strategies to develop a growth mindset, build resilience, and unlock your full potential. This inspiring talk will leave you empowered to craft a "New You" that's authentic, fulfilling, and ready to conquer any challenge.

Jana's keynote "The New You - A Rebrand or Recharge" encourages audiences to embrace change and transformation, providing them with practical insights and motivational guidance to navigate transitions effectively and pursue growth with resilience and purpose.

### **Team Building and Leadership**

#### **Building Champions: Teamwork and Leadership Lessons from Jana Pittman**

Unleash the winning team within! Jana Pittman, World Champion and champion leader, shares her insights on building high-performing teams. Discover how she fostered collaboration and maximised individual strengths to achieve collective success. Learn about her “cascading leadership” method, effective communication strategies, and the importance of building trust. Through captivating stories from her athletic career and medical experiences Jana will inspire you to create a culture of excellence, empower your team, and achieve extraordinary results together.

Jana’s keynote “Team Building and Leadership” equips audiences with valuable insights and actionable strategies to foster effective teamwork, enhance leadership capabilities, and drive success through collaboration and shared purpose.

### **Rising to the Challenge: Tricks & Tips**

World Champion and doctor Jana Pittman isn’t just a gold medallist; she’s a master of overcoming challenges. Join her in this interactive keynote packed with practical tools and strategies. Learn how Jana tackled setbacks, maximised her potential, and achieved peak performance. Explore goal-setting techniques, methods for building resilience, and tips for staying motivated. Whether you’re facing personal goals or professional hurdles, Jana’s insights and wit will equip you with the “tricks & tips” to conquer any challenge and rise to the top.

Jana’s keynote “Rising to the Challenge: Tricks & Tips” empowers audiences to adopt a proactive approach to challenges, equipping them with practical skills and a resilient mindset to thrive in dynamic environments.

### **Unleash Your Inner Champion: A 4-Hour Workshop with Jana Pittman**

Join World Champion and doctor Jana Pittman for a transformative 4-hour workshop designed to empower you to overcome challenges and achieve your full potential.

This interactive program is broken down into four powerful 45-minute sessions, each followed by a reflection exercise requiring just a pen, paper, and a commitment to change.

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