

Trevor Hendy AM

Former World Ironman Champion, Team Building Speaker

Trevor Hendy is known as the greatest ironman on the earth. The former professional athlete won six Australian Open Ironman titles and four consecutive World Ironman titles. His extraordinary achievements remain unchallenged.

A Member of the Order of Australia, Trevor has been inducted into the World Surf Life Saving, Surf Lifesaving, Gold Coast and Australian Sporting Halls of Fame.

With a down to earth attitude, Trevor has become a role model for all Australians. He is highly sought after for his ability to speak from experience, about living a life of accomplishment, balance and deep personal satisfaction, not to mention climbing the greatest heights. By telling old sporting anecdotes mixed with the new inspirations he has found in life after sport, Trevor inspires audiences to challenge themselves to find and pursue their life purpose.



More about Trevor Hendy:

Trevor Hendy made his name with a winning streak in the Australian Open Ironman competition before achieving five first and two second placings out of seven professional starts in the 1994 season's Ironman Super Series. The wins left him at the pinnacle of his sport without question.

Looking for the next challenge, Trevor switched to kayaking, with an aim to paddle at the Sydney 2000 Olympics. He made the 1998 World Kayak/Canoe Championships and European World Cup series, finishing with several top five places, along the way, contesting the extreme K4 1000m event. Two Australian championships proved his power as an elite performer and team player.

Returning from the 1998 World Kayaking Championships, Trevor stunned the sporting world by announcing his retirement from professional sport. This ended his dormant Ironman career and his 2000 Olympic campaign.

Instead, Trevor turned to coaching, having realised that his real passion was, "helping people win their gold medal more than... chasing (his) own".

While coaching World Ironman Champions, Trevor won more World and Australian titles of his own without any training stating, “it’s amazing what you can do, when you truly feel good about yourself”

Trevor was engaged as the expert kayaking commentator for the Channel 7 coverage of the 2000 Olympics, enabling his to support his former team mates in their own medal success.

In 2010, he returned to his great passion of Professional Ironman racing as a Channel 10 Commentator and Consultant for the Kellogg’s Nutri-Grain Ironman Series.

Trevor went on to train and mentor clients, some of whom are the world’s sporting and business elite, others who simply want to make personal change. As a counsellor, life coach, sporting coach and elite athlete, he specialises in connecting at a deep level to find the personal negatives holding his clients back, then helping them to unleash the passion they need to ‘go the whole way’. A renowned and highly sought-after problem solver, he is an expert on conflict resolution and works regularly with large corporate organisations to inspire and unite their teams with an emphasis on creating a wave of success and riding it. He personally customises his corporate programs and guides his clients with the care and commitment he would give a family member.

Building on the success of his training and mentoring programs, Trevor has assembled a team of individuals who also work with organisations to problem solve, resolve conflict, and drive change for create an immediate turnaround.

Trevor lives on the Gold Coast with his partner and four children, and travels as a keynote speaker. He summarises his life philosophy when he says, “Bring it into now, and never underestimate the power of who you are.”

Trevor Hendy talks about:

- Think like a winner
- Release negative thoughts
- Inspire and unite teams
- Conflict resolution

Client testimonials

“ Trevor Hendy was a guest speaker at my monthly Business Excellence Breakfasts held in Tweed and Gold Coast several months ago. The presenters are the best in Australia and many are of international status. The impact Trevor made on the large audience of 100 leading business people was incredibly powerful ... He held their attention from his opening words with his inspirational stories that made a real connection with the audience. No other speaker over the years has made this brilliant an impact to this mix of businessman. He has a speaking style that relates well to any group and makes a real connection with his audience. Trevor is a real champion who has the gift of being able to transfer his methodology of success to an

audience that will leave with the motivation to strive for success and overcome any hurdles.

- Business Excellence Events

“ I had the pleasure of hearing Trevor Hendy speak to an audience of mostly women, about his mission in life now to empower people to learn from their mistakes and walk through their difficulties to discover who they really are. This was Australia’s legend of sport; the greatest Ironman in the world; the pride of Australian Surf Lifesaving – standing before us showing a soft side, an endearing vulnerability that won our hearts as he revealed that despite all the fame and glory in his life, it didn’t make him happy. Let me tell you, Trevor won many hearts at this seminar. He exudes love and passion for what he’s doing – empowering people to maximize their human potential. Whilst his story covers love and values, it started with awareness: that his life was no longer fulfilling; something was missing – and he tuned in, truly inspirational.

- Di Gorry, Author

“ We engaged Trevor to run a motivational session for us in the early stages of some training for our retention team. Trevor truly delivered to brief and then some. He was energetic, enthusiastic, focused and present. He engaged with the entire audience and made the content relevant and meaningful. The participants were all overwhelmed with his honesty, humbleness, great sense of humour and motivating stories. Indeed I found myself questioning my own practices and checking in with my own guiding principles as a result. His topic was relevant and Trevor was really able to make the content relevant to the audience – tapping into the brief he was given, but also adding commentary that made it his own. We all engaged with Trevor and were enthralled with his ability to make us want to do and be better. Trevor was generous with his time, gave the team the upmost respect by preparing and meeting them in their world. I enjoyed every minute of the session and found myself wanting to listen for longer.

- AUSTAR Entertainment Pty Limited

“ I have the pleasure of managing a team of sales professionals from diverse backgrounds and geographies. Our team members consist of both male & female, from the CBD of cities, to little country towns and from all different walks of life. Annually I bring the team together to provide business updates, essential training and networking opportunities ... Trevor’s presentation was engaging, motivational and entertaining ... In delivering the story of his journey to becoming the Australian Ironman Champion his message to the team was clear, if you are willing to commit to the hard work and make the sacrifices necessary, then you can really achieve anything you put your mind too ... The passion, honesty and openness of his presentation ensured his message and moral to the story was clearly articulated. Trevor was very generous with his time, staying post the formalities and speaking personally with those looking for the opportunity.



- *Commonwealth Bank, Regional Business and Private Banking*

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