

# Julie Goodwin

***MasterChef Winner, Author, Broadcaster & Keynote Speaker***

Julie Goodwin became a household name overnight when she was crowned Australia's first MasterChef. Thrust into the limelight, there were the joys and highs of so many new opportunities, TV shows, best-selling books, radio, appearances, columns, endorsements and the long-time dream of opening a cooking school came true.



Julie Goodwin became a brand, and whilst always incredibly grateful and humbled for the opportunities MasterChef had created, the person behind the brand began to suffer. The highs were also met with extreme lows; life in the public eye, along with overcommitment and exhaustion, took their toll. In 2019 it became necessary for Julie to seek help as an in-patient of a mental health facility. This began a long and ongoing process of recovery.

In 2021 when the call came to re-enter MasterChef kitchen, Julie had to seriously consider her next move. Could she, should she, go there again? Ultimately her decision to join the show came down to the one question she had been asking herself during her illness - 'Is there anything left for me to do?'

Julie speaks candidly about her journey with mental health. About how busyness does not equal happiness; how asking for help is not a sign of weakness, but of strength; about learning to accept that healing takes time and work, and about the surprising joy and freedom of just letting go.

An accomplished and formidable public speaker, Julie knows how to connect with an audience. Easily traversing through the difficult, to the hilarious, and back again. Delivered with her trademark honesty and great sense of humour, the audience are not only thoroughly entertained but may also see some part of themselves reflected in her story leaving them with food for thought.

Julie believes that the most important part of any keynote comes at question time, where she hears what the assembled audience really wants to know. No question is off limits, and it's a transformative part of any session with Julie Goodwin.

## ***More about Julie Goodwin:***

In 2009, a record-breaking four million Australians tuned in to watch Julie Goodwin become the

first ever winner of *MasterChef*. Viewers loved her honesty, sense of humour and humble cooking style. Julie's first cookbook, *Our Family Table*, became one of Australia's best-selling authors, holding the number one slot in the book charts for over 10 weeks.

A native Sydneysider, Julie's first career was as a youth worker. She spent many years presenting workshops in schools across Australia before working at a juvenile detention centre on Sydney's Central Coast. After having three boys in quick succession, Julie and her husband Michael started their own IT Company, which they built into a success through hard work and determination.

Shortly after winning *MasterChef*, Julie became a regular guest on Nine's top-rated breakfast show *Today* and began writing her regular recipe columns for *Australian Women's Weekly* which she continues today. She then went on to publish four books, *Heart of the Home*, *Gather*, *\$20 in 20 minutes* and *Homemade Takeaway*.

Julie has turned her *MasterChef* win into a hugely successful media career. She opened a cooking school Julie's Place on the Central Coast NSW. In 2015 Julie made the gutsy move to head into the South African Jungle on *I'm A Celebrity... Get Me Out of Here!*

From there, Julie went on to co-host the Central Coast's Star 104.5FM Breakfast Weekday Show. Rabbit and Julie crack each other up. It's pretty much as simple as that. They're a team that thrive on positivity, backing stuff in and having a go!

Always one to get behind a good cause, Julie supports several charities and is a proud ambassador for the McGrath Foundation, Oxfam and ChildFund.

### **Julie Goodwin speaks about:**

- Obstacles as opportunities
- Positivity, persistence and passionfruit puddle pie
- Choose your attitude
- Visualising goals / goal board
- Masterchef - the journey

### **Client testimonials**

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“ Julie was warm and friendly and an absolute star who went above and beyond for us on the day, it is without doubt that without Julie our day would not have been as successful... big shout out to Julie for her time, professionalism and wonderful cooking.

- *Antegra Estate*

“ Julie was delightful to work with and very enjoyable to watch. Customers loved seeing delicious food, made easy. The demonstrations were entertaining, informative and charismatic. I highly recommend Julie for any event or demonstration.

- *Vicinity Centres*

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