

Peter Bol

Sudanese born, two-time Australian Olympian, Inspiring Speaker

Originally born in Sudan, Peter Bol migrated to Australia as a refugee in 2004. Since then, Peter has called Australia home and represented Australia with great pride at the 2016 Rio Olympics, IAAF Athletics World Championships in 2017 and 2019. Peter is the current Australian National Champion over 800m and represented Australia in his second Olympics in the 2021 Tokyo Games.

A well-accomplished public speaker talking to corporates and schools, Peter covers topics including goal setting, overcoming adversity, teamwork, balance and peak performance.



More about Peter Bol:

Peter Bol was born in Sudan, migrated to Australia at a young age and has called Australia his home ever since. In 2004, at the age of 10, he arrived in Toowoomba with his family.

Four years later, his family moved to Perth where he was awarded a basketball scholarship at St Norbert College. At 17 years old, with the guidance of a teacher, he registered with a track club outside of school.

After finishing school, he attended Curtin University and studied a Bachelor of Construction Management and Economics. At the end of 2015, he moved to Melbourne to train with Justin Rinaldi, a middle-distance coach. But before making that decision, he was rewarded with his first Australian team selection for the 2016 Olympic Games in Rio.

In 2021, Peter looked to add to his Olympic story and became the first Australian in 53 years to qualify for the Men's 800m Final on the track.

Outside of his ambitions and aspirations within athletics, he found a passion for helping others in the form of mentoring, coaching and speaking. He attributes much of his success to having had a mentor and a strong support team throughout his development. He wanted to start giving back so that those who follow him get the same consistent guidance on their own exciting journeys.

Peter enjoys storytelling – especially sharing his journey and his experiences from both on and off the sports arena. As he proudly represents Australia and has found his place within the country and culture, he also finds great value in exploring the concept of ‘home’ and sharing all the emotions experienced as an athlete and a person from the beginning of his journey until today.

Client testimonials

“ Peter had the students and staff members completely engaged throughout his presentation. His stories are inspiring, and he connects so well to his audience. Usually when it comes to Q + A’s, the students can be a bit shy. Not on this occasion! To see so many teenagers raising their hands, asking meaningful questions relating to goal setting, resilience, mental health, and sports psychology was awesome to witness. I’d highly recommend Peter to any school or corporate business seeking an exceptional public speaker.

- *Kennedy Baptist College*

“ We were privileged to have Peter as guest speaker at our end of year celebration function. Peter captivated our audience with his inspirational story and words of wisdom. His sense of humour and valuable life lessons motivated all in the room to use his 4 tools to reach one’s goals. We look forward to having you speak to us again!

- *Pushing Barriers Inc*

“ Peter Bol has been involved with the Victorian Institute of Sport’s (VIS) Community Programs from 2016 to 2020 and during that period has been one of the most popular speakers and VIS facility tour guides. Peter has a fantastic story to share along with a great personality and charisma that his audience is drawn towards. He has a way of relating to all the groups he has worked with here at the VIS, from primary school students, secondary students to international university students or corporations. It doesn’t matter what group he speaks to, he has a way of connecting with them. Since joining the VIS Community Programs in 2016, he has grown in confidence and competence, to the stage where he was able to host the VIS TV sessions at our Awards of Excellence. Coming to Australia as a refugee from South Sudan, Peter demonstrates resilience and overcoming adversity. Everyone can learn something from his story and I would definitely recommend him as your next guest speaker.

- *Victorian Institute of Sport*

“ Honestly Peter was awesome. He was so good. Peter is just so human, had to work hard and nothing was handed to him. We got all the right messages. Thank you so much.

- *Telstra*

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