



grace
cherish life...



inspirational and motivational speaker's kit
with Grace

www.gracestevens.com.au



biography

"Corporate teams, school groups, businesses, fitness organisations, sporting clubs and young people seeking to be inspired and motivated to make the most of who they are, have a powerful ally - Grace."

Grace Stevens is a busy Mum, Author, Ironman Triathlete and Speaker. Her work is all about guiding and empowering you to love and listen to your inner self, rising above what might be weighing you down so you can live a sparkling and passionate life.

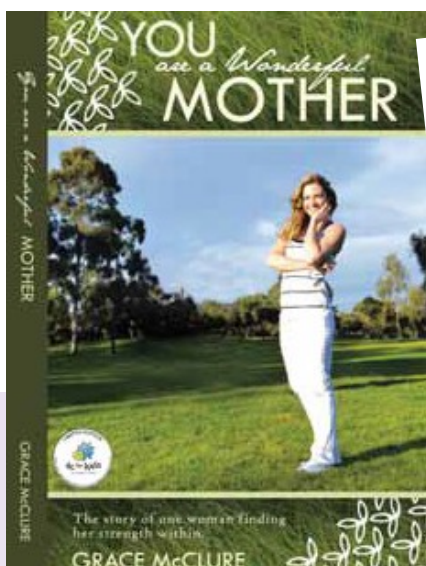
Grace's never give up attitude has allowed her to follow her dreams as a TV presenter, model nationally and internationally, complete thirteen Ironman Triathlons, be named the face of the Australian Formula 1 Grand Prix, write a book, coach and speak, all while being a devoted Mum.

Grace's passion and perseverance for fulfilling her life-long dream to compete in the Hawaiian Ironman Triathlon payed off this year. She received and earned an official, 'Legacy Spot,' for the year 2019, after completing twelve Ironman over twelve years, in balance with her family life and personal growth.

Grace is a familiar face to television viewers, in the past co-hosting live, on national television Network Ten's 'RPM' and Channel Nine's 'The Boat Show'. She also fronted Inside Sport TV and frequented as a guest on Bert Newton's 'GMA'.

Grace's body of work as a model includes featuring in Vogue, Cleo, Cosmo, Girlfriend and her covers include Mother and Baby, Ultra Fit, Body and Soul, Inside Sport and Triathlon Magazine USA.

A capable, motivated, punctual and skilled presenter, Grace is committed to presenting and coaching around issues relating to achieving challenging goals, inner leadership, well-being, sport and positive psychology. She leaves audiences realizing their own value, recognising their own unique gifts and talents and with the belief that they have the power to achieve their dreams.





Grace Steven's sole intention is to reach out to her audiences, so they realise how valuable they are and that every single one of them, has important gifts and talents to share with the world.

Following are her core themes, though she is happy to tailor-make for individual audiences:

presentation themes

- Leadership – leading from within
- Achieving challenging goals
- Self-esteem and body-image
- Assertiveness
- Fulfilling your life purpose
- Well-being
- Positive Psychology
- Emotional Intelligence

key points

- International and national model
- Body of work as a model includes featuring in Vogue, Cleo, Cosmo, Girlfriend and her covers include Mother and Baby, Ultra Fit, Body and Soul, Inside Sport and Triathlon Magazine USA.
- Author
- Successful health and fitness coach and councilor
- Ironman Triathlete
- Face of Formula 1 Grand Prix





why you would want to hire grace

- Her audiences come away inspired, believing in themselves and wanting more. Many guests say that her empowering messages have a lasting impression and stay with them long time after the presentation.
- Grace tailors each presentation to your specific needs. She seeks to understand her audience so that she can adapt her style for the best possible impact.
- Grace is easy to work with, low-maintenance, and seeks to work as part of your team. She is totally committed to making your event or conference as successful as it can be. When things don't go to plan, Grace always remains solution focused and works with you to create ways for things to work out exceptionally well.
- "To walk with Kings and not lose the common touch." Grace believes every person is important and valuable. She is equally comfortable presenting to a group of CEO'S, international press, young adults, aspiring athletes, busy mum's or team leaders.





testimonials

“It was great to work with you again after the association we had in your time as the Face of Fosters at the Grand Prix. You took to the launch like a duck to water! Your presentation was fantastic and was not only a great delight to all of us here at the Australian Grand Prix Corporation but was commented upon very favorably by our guests.” **Geoffrey Harris, Media Manager, Australian GP Corporation**

“Grace is an inspiration to those that have had the privilege of experiencing her motivational speaking sessions. Here at NAB we worked with Grace to address our Team Leaders and Managers on achieving challenging goals and believing in yourself along the way. She is articulate, engaging and most importantly her messages resonate with you long after you have heard them – she made a big & lasting impact on our department.” **Michael Luddenni, Head of Transaction Payment Services, National Australia Bank**

"Thanks for the opportunity to have Grace come and speak with the Conne girls. She was so powerful in her presence and each girl was engaged and so quiet as they listened intently to all she shared. The humility in Grace was tangible and we discussed afterward, it is the honesty and the truth about her journey that comes across so well and inspires others." **Mary-anne Lewis, Head of Connewarre House, Geelong Grammar School**

"Grace is a genuine person with integrity. She is a very skilled presenter both in a live setting and in front of the camera. She would be an asset to any organization that wanted to hire her." **Annie Crawford, CEO and founder of CanToo**

"Grace completed an important Positive Education/ Neuroscience course at Geelong Grammar School recently and has inculcated many of the significant aspects of modern scientific research into her "message" she competently delivers. She astutely targets her motivation ally personal message empathically and makes significant connection with all. Her message to young people is an important prompt as it is to adults. All benefit from the challenges she carefully establishes. All can identify with the "real personal possibilities" Grace establishes for all." **John Hendry – Director Of Student Welfare Geelong Grammar**



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