



INTRODUCING

Natalie Cook OAM OLY GAICD

Olympic Gold Medallist

SESSION 1: FROM OLYMPIC
GOLD TO BUSINESS GRIT:
LESSONS IN LEADERSHIP AND
LEGACY

This session is proudly presented by  **Gallagher**







Atlanta 1996



ATHENS 2004



Beijing 2008



Natalie Cook, 5 time Olympian, OAM
Sydney 2000 Gold Medallist, Atlanta 1996 Bronze Medallist



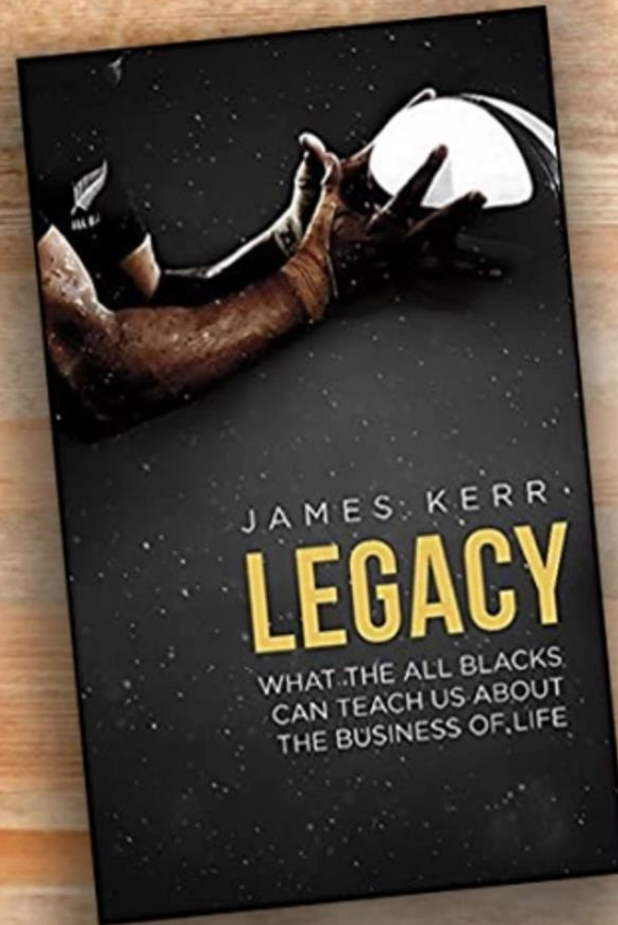


It all starts with a

Dream

WHAT'S
YOUR
GOLD
MEDAL?









A bigger game... a new horizon





Raising our green and gold aspirations



GOLD MEDAL EXCELLENCE



OUR PURPOSE IS:

- To Have a Better Quality of Life
- Self Discovery
- To Become Improved Individuals Because of Our Shared Experience
- To Be the Best In The World
- To See the World and Make New Friends
- To Heighten Our Profiles
- To Greatly Increase Our Income
- To Create New and Better Opportunities
- To Have Satisfaction of Accomplishing Our Goals
- To Leave Our Mark in History
- To Represent Australia
- To Inspire and Lift Others Hopes and Dreams
- To Do What We Love and Get Paid For It
- To Make Friends Around the World
- To Become Better at Our Craft
- To Attain Our Peak Standard
- To Enjoy the Journey

HOW CAN WE MAKE IT BETTER?

STANDARD OF CHAMPIONS

I AM:

- Strong in Emotion and Spirit
- Powerful and Certain
- Passionate and Committed
- Trusting of the System and Process
- Positive and Supportive
- In the Ready
- Perceptive, Aware and Clear in Focus
- Flexible
- Outcome driven and Follow through
- Respectful of Self and Opponents
- Aggressive and Controlled
- Compassionate and Loving
- Having Fun

CODE OF CONDUCT

WE WILL:

- Respect Others and Their Opinions
- Use Deeds rather than Words
- Do What Ever It Takes
- Be Responsible for Empowering Communication
- Be Compassionate and Understanding towards All Team Members
- Be Committed to *CONSTANT DAILY IMPROVEMENT*
- Always Compete at Our Highest Standard
- Be Flexible
- Be a Professional
- Present a Unified Front by Always Sticking Together
- Have Responsibility for Personal Actions
- Stay Focused on Our Outcome
- Have Fun and Enjoy the Journey
- Have Faith
- Maintain a Good and Healthy Eating Regime
- Always Drive Forward and Never Give Up

OUR WINNING WAY

- Intimidate with Champion's Physiology
- Play As One
- Use Our Strengths To Attack Our Opponents Weaknesses
- Execute Our Game Plan
- Limit Unforced Errors To 5 Per Game
- Push At The Start To Gain Momentum...
- Hold... Push To The End
- Challenge The Passer With Serve Pressure
- Keep The Ball Outside The Gift Circle
- Recognize And Take Opportunities
- Create And Ride Momentum
- Touch Everything
- Control The Net
- Support By Example
- We're Here For Longer Than It Takes
- Leave Our Guts On The Court

Natalie Cook

pg 2012

Karl

Steve Cook

"It All Starts With A Dream"

GOLD MEDALLIST

HALL OF FAMER

5 X OLYMPIAN

OAM

BRONZE MEDALLIST

11 X NATIONAL CHAMPION



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INJURY

RISKS

PLANS

GOALS

LOSING

GRIT

REJECTION

TEARS

SACRIFICE

STAYING HEALTHY

MASTERY

PAIN

FINANCIAL COST

24/7 GOLDEN MINDSET

ATTENTION TO DETAIL

DISCIPLINE

DISAPPOINTMENT

EXCELLENCE

COMMITMENT

FOCUS





Surround Yourself With GOLD!





— IN PURSUIT *of* GREATNESS —

THE LIST



