



Lisa Tamati

MOTIVATIONAL SPEAKER
& HEALTH COACH

MEDIA KIT

Hi, I'm Lisa!

MOTIVATIONAL SPEAKER & COACH

I'm an extreme ultra endurance athlete from New Zealand with 25 years experience racing the world's toughest events and leading expeditions.

I am also the author of three books including my third book "Relentless" which chronicles the hardwon battle to save my Mum after a brain aneurysm and stroke. Applying lessons learnt as an extreme endurance athlete we brought Mum back in a three year journey that defied everything the medical fraternity diagnosed.



 **35.0K**
social followers

 **10K**
monthly page views

 **390K**
podcast downloads

 **10K**
email subscribers



SPEAKING TOPICS

- ✓ **Mental toughness** and **emotional resilience** help overcome obstacles and fear. A strong mindset, vision, and determination are crucial for success, and a healthy mind supports a healthy body.
- ✓ **Brain rehabilitation** aids recovery from trauma and heartbreak. Beliefs shape destiny, making it important to overcome fear of failure. Emotional resilience and **persistence** are key to success.
- ✓ **Extreme sports** teach valuable life lessons. Athletes bring skills to the boardroom, **translating sports success to business**. Believing age is no barrier highlights the power of mindset in achieving goals.

Client Testimonials

“Our entire managers group of 93 people gave Lisa a well deserved standing ovation for 3 minutes. Highly recommend Lisa as inspirational and real speaker

*Stephen Murray,
Heritage Life Care*

“You were the favourite speaker of the day. Combining personal stories, humour and strong principles to deliver a powerful message.

*Paul Bolte
CEO, Bartercard*

The Podcast

Lisa Tamati

Pushing
the Limits

PUSHING THE LIMITS

"Pushing the Limits," is the podcast where we explore the boundaries of human potential. Bringing inspiring stories of resilience, overcoming adversity, and achieving extraordinary feats as we interview experts, athletes, and thought leaders, uncovering the secrets to mental toughness, physical endurance, and emotional resilience.



MOST DOWNLOADED EPISODES

The Truth About Vitamin C, Calcium, Magnesium, Iron, Methylene Blue & More
with Dr. Thomas Levy

Megadosing Thiamine for Many Diseases
with Elliot Overton

Brain Health and Photobiomodulation
with Dr Marvin Berman

Fast This Way: World-Renowned Biohacker's Fasting Strategies
with Dave Asprey

STATISTICS

390k+

total podcast
downloads

17k+

average daily
downloads

15k+

unique monthly
visitors

4.7

podcast rating

MY AUDIENCE

60%

female

70%

25-55 yrs old

40%

USA

Youtube

LISA TAMATI

My Lisa Tamati Youtube channel is all about longevity age reversal, health optimisation and high performance. With a range of content including our Pushing the Limits interviews, health and wellness advice, mindset deep dives, hyperbaric oxygen videos, as well as documentaries from the trail on all things ultramarathon.



STATISTICS

730+
videos

14.4K+
subscribers

230k+
hours of content watched

1.7M
views



POPULAR CONTENT

The Badwater Ultramarathon
217km through Death Valley

Gobi Desert Ultra Marathon
the full. movie

Curing the incurable with Vitamin C
with Dr. Thomas Levy



WHO I WORK WITH

I'd love the opportunity to work with you as an MC/facilitator. I currently work with awards dinners, business breakfasts, conferences, tradeshows, brand ambassador work, advertising work, live and online events, influencer work, and film, TV and production work.

POPULAR THEMES

- Business and Leadership
- Lifestyle and Wellbeing
- Motivational
- Politics & Advocacy



lisa@lisatamati.com
lisatamati.com



GET IN TOUCH

I look forward to supporting you in your future event or brand partnership. I am here to help, and would love the opportunity to discuss your needs.

Lisa