



## **JULIE MCDONALD OAM**

### **BIOGRAPHY**

Julie McDonald held the Commonwealth record for the 800m Freestyle for 21 years, and is still holds one of the top 5 times Australia has ever produced.

Julie is a dual Olympian competing in 1988 and 1992, a dual Commonwealth Games representative in 1986 and 1990, a dual Pan Pacific Championship representative in 1987 and 1989 and a dual World Championship participant in 1986 and 1991.

She has represented Australia in swimming in every Australian Team from 1986 through to 1992, captaining two of those teams.

Julie was the only Australian female to win an Olympic Medal in the 1988 Seoul Olympics, winning a Bronze medal in the 800 metres freestyle.

Available as a speaker, ambassador, event MC, and other key affiliations.

### **ACCOLADES**

- In June 2006 Julie was honoured to receive a Queens Birthday Award, an OAM for her services to Swimming, The Olympic Movement and Charities.
- Julie has held board positions for Melanoma Patients Australia, QLD Olympic Council Board as well as being the President of the QLD Olympians club.
- Julie was a Board Member of the 2018 Commonwealth Games Advisory Committee which was the legacy aspect of the Games.
- Julie is Ambassador for two DV Organisations; Beyond DV and RizeUp, and believes 'Everyone Deserves a Loving, Safe and Happy life and the same for their relationships.' Beyond DV run workshops to help women escaping DV.
- Julie's passion is helping get people take control of their own health through preventative solutions, and runs regular workshops focusing on how to deal with stress as well as Women's Hormonal Health.
- Julie also runs workshops for people who have lost their way or their self belief. She shows people how to re-engage in their life by living every day at their best by educating them how to harness the power of effective goal setting to achieving their dreams.