

# Gotcha4Life Presenters



## BONNIE HANCOCK

**Dietician, Iron woman,  
Mental Fitness advocate**

Bonnie became the first, fastest and youngest female to paddle around Australia on a ski at age 32. Eight months in rough seas, surrounded by shark fins required more than physical fitness - she needed courage, grit, mental fitness and support from her village. Bonnie knows how to motivate an audience to navigate the seas of life (without getting wet!)

***Gotcha4Life is a not-for-profit foundation** on a mission to inspire and enable all Australians to take action to build their mental fitness. We deliver preventative mental fitness programs, campaigns and services in schools, sports clubs and communities that build emotional resilience, enable social connectedness, and promote healthy help-seeking behaviours. Our ultimate vision? Simple, zero suicide. [Gotcha4life.org](http://Gotcha4life.org).*