GreenX7 facilitator

Lara Davenport

OAM

My Why

Life is an adventure, why not enjoy every moment and share those experiences with others.

What excites me is sharing knowledge and skills that assists communities, teams and individuals to THRIVE.

My heart sings after a swim in the ocean, walking bare foot on the sand, laughing and listening to music around the campfire under the stars, and sharing life experiences with loved ones.

Living each day of life's adventure with curiosity

Background History

Olympic Gold Medalist, Lara Davenport OAM was a member of the Australian Swimming Team for over 10 years, the highlight of her career was competing at the 2008 Olympic Games as part of the team that won a Gold Medal in the 4 x 200 freestyle Relay. Lara was awarded the Order of Australia Medal in 2009 for her service to Sport and the community.

Since completing her sporting career, Lara has enjoyed a multi- disciplinary career combining health & wellbeing, education, and leadership development, walking alongside Australia's First Nations People in rural and remote communities in the Northern Territory, Queensland and South Australia. Lara is a multi- cultural, spiritual woman, and first generation Australian that values the human family and lives in a cultural way.

A current member of the Olympic Education Commission Lara recognises that we are part of an International community and that having the courage to participate is more important than winning.

Lara's diverse academic background spans interests areas including: Psychology (Bachelor of Social Science Psychology, Acceptance Commitment Therapy (ACT) practitioner, Mindfulness Teacher Trainer, Positive Psychology, sociology and cross cultural awareness), strengths/needs based practice, health promotion and public health.

Skill set

Foster Relationships
Motivator
Educator
Advocate

Favourite Elements

Universal
Environment
Connection

Green Exercise

Swimming
Surfing
Music

Quote

Hope sees the invisible, feels the intangible and achieves the impossible.

greenX7™