LOZ ANTONENKO

SPEAKER

With nearly two decades of experience in small business, Loz Antonenko understands the importance of work-life integration through self-care and how a lack of focus on well-being can profoundly impact productivity, focus, confidence and performance.

ACCREDITED

EXERCISE PROFESSIONAL

AUSactive

NATIONAL AWARDS PROGRAM 2022

PERSONAL TRAINER

NATIONAL WINNER

NATIONAL AWARDS PROGRAM 2023

EXERCISE INSTRUCTOR OF THE YEAR

STATE WINNER

Loz has overcome significant challenges & emerged as a source of inspiration & personal growth.

Equal parts camp and consultant, Loz is an evidence-based, interdisciplinary coach and mojo mentor. As a professional speaker, author and edutainer, she helps busy professionals, business owners and teams skyrocket their performance, focus and confidence by simplifying the daily habits they already have by unlocking the handbrakes of shitty eating, breathing, sleep, movement and hydration to amplify their wellbeing. A self-proclaimed infomaniac, she's addicted to living her own unstoppable life full of happiness, health and vitality and walks the talk alongside her growing community.

Overcoming Life's Challenges

Loz's journey is a testament to resilience and personal growth. Having faced and overcome significant challenges—including the suicide of her first husband, a traumatic sexual assault, the discovery of a brain tumour, and the diagnosis of a congenital heart defect in her 30s—Loz emerged stronger and more determined. These experiences shaped her approach to life, focusing on what she could control: her daily routine and mindset.

The Power of Handbrake Habits

As an integrated coach, instructor, and mentor, Loz teaches the transformative power of addressing "Handbrake Habits"—the daily activities of eating, breathing, sleeping, moving, and hydrating that can either hinder or propel us forward. Through her innovative Healthy Habit Hierarchy, Loz offers a clear roadmap for individuals to break free from self-imposed limitations and lead more fulfilling lives.

Credentials and Recognition

Loz's expertise is recognised through her numerous accolades, including the 2022 AUSactive Australian Personal Trainer of the Year and the 2023 Queensland Exercise Instructor of the Year. Her multi-award-winning approach to wellness is grounded in practical, evidence-based strategies that resonate with a diverse audience.

Book Loz Antonenko

Inspire your audience with Loz's transformative insights on achieving lasting change through simple, sustainable habits.

Scan the QR Code