

[www.lozantonenko.com](http://www.lozantonenko.com)



# LOZ ANTONENKO *SPEAKER KIT*

PROFESSIONAL SPEAKER  
& LIFESTYLE COACH



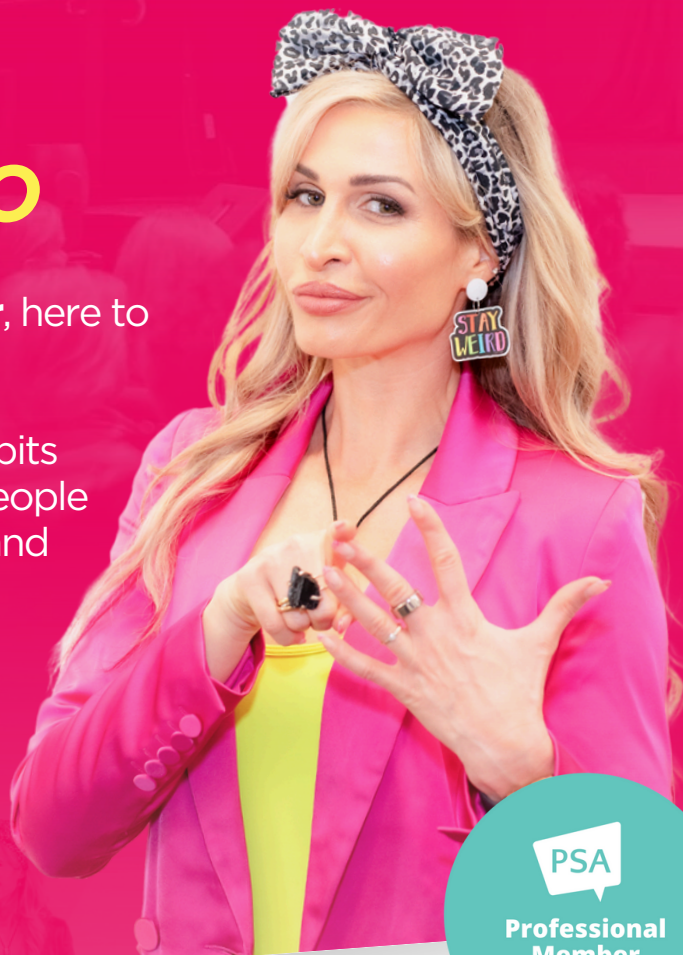
Professional  
Speakers  
Australia

ABOUT

# LOZ ANTONENKO

She's the **World's Best Mojo Mentor**, here to help you **GET THE F\*CK UNSTUCK!**

By harnessing the power of daily habits and routines, she empowers busy people to upgrade their happiness, health, and vitality—taking them from stuck to **UNSTOPPABLE!**



## KEY ACHIEVEMENTS

### ✓ BATTLED CHRONIC HEALTH CONDITIONS

Loz lived with multiple autoimmune disorders, brain tumours and chronic pain but has learned to manage these through daily habits.

### ✓ BUILT MULTIPLE 6 & 7 FIGURE BUSINESSES

An entrepreneur at heart, Loz has founded several highly successful businesses and has failed forward on many occasions towards a vibrant life of joy through service.

### ✓ WROTE A BOOK

Crafting a practical guide on how to encourage happiness, health and vitality, Loz's book follows her journey from stuck to unstoppable with her blueprint

### ✓ OVERCOME LIFE'S GREATEST CHALLENGES

A sense of loss and grief have been recurrent themes in Loz's life however she continues to live through inspired action and positivity, daily.

### ✓ ENJOYED & CELEBRATED SUCCESS

Loz has been recognised as a leader and coach through multiple accolades, including local, state and national awards.



LOZ ANTONENKO'S SIGNATURE TOPIC

## UNSTOPPABLE

This keynote is a bold, high-energy wake-up call that shows audiences how to drop the handbrake on their habits, build resilience, and create unstoppable momentum. With raw storytelling, cheeky humour, and practical tools, Loz inspires people to stop surviving and start thriving.



PSA

Professional  
Member  
2025



62k+

Followers  
on Instagram

3k+

Email  
Subscribers

## WHY AUDIENCES LOVE LOZ

Loz energises audiences with her unapologetic authenticity, contagious enthusiasm, and real-talk strategies.

She's known for:

- ✓ Sparking action with raw, relatable storytelling
- ✓ Keeping it real—no BS, just powerful insights
- ✓ Helping you reclaim your mojo and thrive

# WHAT THEY'RE SAYING ABOUT LOZ



**Leila Stewart**

Greater Springfield  
Chamber of Commerce

*Loz is a powerhouse of resilience and inspiration. Her commitment to helping others creates real, lasting impact.*



**Vanessa Norman**

Virtual Assistant Agency

*Loz lights up the room with energy, humour, and powerful insights. Her inspiring, no-nonsense approach to health leaves a lasting impact.*



**Sharon Abbott**

Together Union

*Loz is a dynamic and uplifting keynote speaker, who has an amazing story to tell. I can't recommend her enough, she won't disappoint!*



**Camilla Thompson**

My Local Health & Grant  
Writing Simplified

*Loz's passion is contagious. She empowers people with real, actionable strategies to take control of their lives.*



**UNFILTERED.  
UNSTOPPABLE.  
LOZ IN ACTION.**

**PSA**





# LOZ'S *SHOWREEL*



## *REAL TALK, REAL CHANGE.*

Loz is a dynamic and captivating speaker who brings expertise and a fresh perspective to every stage. With a passion for empowering individuals and organisations to unlock their full potential, Loz is a sought-after speaker renowned for their ability to inspire and motivate audiences. Drawing from her extensive background in the health and wellness industry, Loz delivers impactful and thought-provoking presentations that leave a lasting impression. Through engaging storytelling, interactive exercises, and practical insights, Loz provides actionable strategies to overcome challenges and succeed in today's rapidly changing world.



### AS FEATURED IN



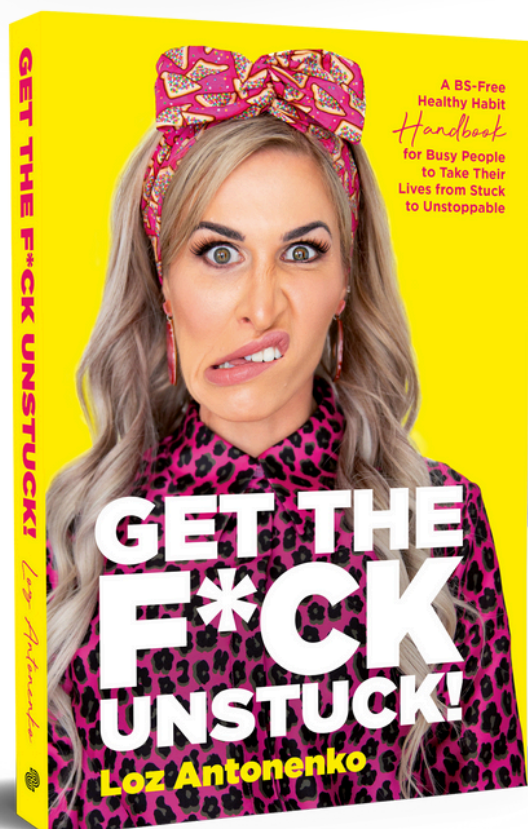
**BRAINZ.** **Forbes** **9NEWS** **Medium** **ghp**





**MY BOOK**

# **GET THE F\*CK UNSTUCK!**



**AMAZON #1  
BEST SELLER**



Have your unhealthy habits ever held you back? Do you feel like you're driving through life with the handbrake on? Now is the time to release that handbrake and gain momentum, moving from stuck to unstoppable.

**"Get the F\*ck Unstuck!"** is a BS-free guide designed to help busy people like you break free from debilitating habits and embrace a life of unbounded potential—without overwhelming changes.

Through the Healthy Habit Hierarchy, master the skills to enhance your health, develop a resilient mindset, and conquer life's challenges. This book doesn't just inform—it transforms.

**Now available at all good bookstores—grab your copy and start breaking free today!**



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# **LET'S WORK TOGETHER**



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& LIFESTYLE COACH**



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Speakers  
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