

A photograph of Turia Pitt, an Australian ultramarathon runner, celebrating a victory. She is wearing a white and blue cycling jersey with green accents and a white visor. Her arms are raised in triumph, and she has a joyful expression. The background is a blurred crowd of people, many holding orange and white flags, suggesting a large-scale event or race.

# Turia Pitt

Mindset Coach, Athlete, Humanitarian

## **Turia Pitt is one of Australia's most admired and widely recognised people.**

At 24, Turia was an ex-model, fitness junkie and successful mining engineer whose life was turned upside down when she became trapped in a grass fire while competing in a 100km ultramarathon.

She was choppered out of the remote desert barely alive, with full thickness burns to 65 per cent of her body. Renowned for her pure grit, indomitable spirit and passion for humanitarian work, Turia has gone on to thrive in the ultimate story of triumph over adversity.

## **Surviving against overwhelming odds is the least of her achievements.**

Turia lost seven fingers, endured six gruelling months in hospital, underwent over 200 operations and spent two years in recovery.

Surviving against overwhelming odds, Turia rebuilt her life and defied every expectation placed on her.

She is living proof that, with the right mindset, we truly can achieve anything.

In 2016 alone, Turia realised a goal she'd been working towards since the early days of her recovering: competing in her first IRONMAN competition. She also mentored over 6,000 people through her online programs before heading to Hawaii to take on the gruelling and internationally renowned Ironman World Championships in Kona.

## **Passionate humanitarian and Interplast ambassador.**

As an ambassador for Interplast Australia & New Zealand, Turia donates her time to hosting events, speaking, leading fundraising adventures and taking the opportunity to highlight the work they do in media interviews. To date she has helped raise over \$1 million dollars in donations and \$3 million dollars in awareness.

**Turia.**



# Turia's Advice

## What advice do you have for overcoming challenges?

I've overcome a lot of challenges on my journey. It hasn't been easy, but ask anyone who has overcome a serious challenge and they'll tell you the same thing I will: it doesn't happen overnight.

Success is not a gigantic, cataclysmic, overnight event. There isn't 'one thing' that will change your reality, there are a series of things that, together, contribute to your story of success.

Never give up. Things do and will get better!



## What advice would you give people who have big goals to achieve?

Often our dreams can seem really scary at first, especially when we're facing a really difficult challenge in our lives - but all you need to do is break it down into smaller pieces so that you can take one step at a time.

Dream big and don't let anyone tell you that your goal is 'impossible'. You are 100% capable of achieving even your biggest, craziest dreams.

## How often do you have negative feelings?

Like everyone, I too have bad days. It's not possible for us to just experience good days, we have to experience the full spectrum of human emotions - happiness, joy, resentment, anger, fear.

Of course life would be easier if we just experienced positive emotions! But we can't have one without the other - so we've all gotta learn how to take the bad with the good.

The thing is, while bad days are inevitable, how we respond to them is not.

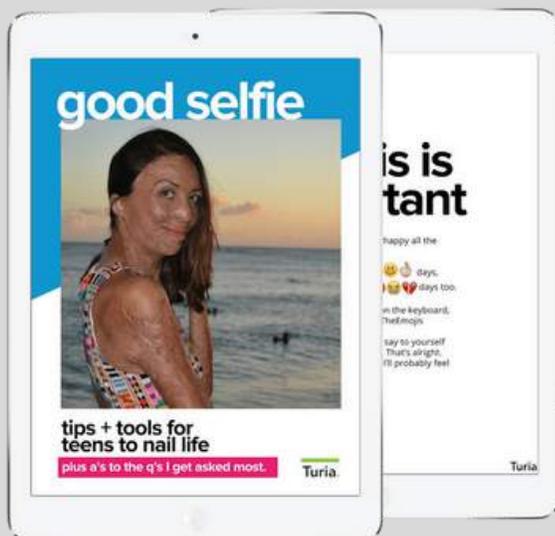
I believe life is 10% what happens to us and 90% how we react.

We might not be able to control what happens to us, but we can control how we respond.



# Fast Facts

- 1.** I was born in F'aaa, Tahiti. My dad was an Australian surfer, living in Tahiti and making surfboards. He fell in love with Mum who had grown up in Tahiti. They had Genji (my older brother) and I in Tahiti, and decided to move to Australia when I was two. We lived in Maroubra for a few years, before my family made the decision to move down the South Coast of NSW. My parents had two more kids after that, my little brothers Heimanu and Toriki.
- 2.** I have a double degree with first class honours in Mining Engineering and Environmental Science from the University of New South Wales.
- 3.** I live in Mollmook on the South Coast of NSW (where I grew up) and I love waking up to the sound of the ocean each morning.
- 4.** I wore my compression mask for two whole years. I had to wear it for medical reasons because it smoothed my scars, but I hated wearing it. In fact it was even on my passport and my driver's licence.
- 5.** Immediately after the fire, my surgeons needed to access skin tissue to help keep me alive. But unfortunately there was no skin tissue in Australia. The doctors organised skin tissue to be sent out from the United States BUT as all things do, it got held up in Customs! It was a bit of a miracle that Customs released it in time - I would have died without it.



## Got more q's?

In my eBook **Good Selfie** I answer all the q's that teens ask me the most.

There's answers to questions like how to be more confident, how to get through crappy days or hard times, and how to achieve big goals.

Visit [turiapitt.com](http://turiapitt.com) to check it out!

**Turia.**