



Watch Tiff in action

TIFFANEE COOK

*High Performance. Low Bullsh*t.*

3x State Title Boxer

Acclaimed host of Roll with the Punches

The Muse behind Mark Seymour's 'The Boxer' Album

Signature Keynote:

The Real Fight
...and the new rules of resilience



Made a real difference to the wellbeing of our people during one of our most challenging periods.
- Tony Walker, CEO, Ambulance Victoria

Tiff elevated the entire night... energy, warmth, professionalism, and humour.
- Deanne Armstrong, Rich River Golf Club

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Resilience 2.0 | Authentic Leadership | Emotional Intelligence | High-Performance Culture

THE KEYNOTE

Fight Camp

Tiff's three-round 'Fight Camp' is designed to shift identity & drive performance:

In a world obsessed with "hustle culture" and "toxic resilience," Tiff Cook lands a full-force punch to the stories keeping us stuck. Through the visceral lens of professional boxing and the harrowing stories of survivors like Spencer (a 38% burn survivor) and Donna Lyon (Left Write Hook), Tiff deconstructs what it actually means to be strong.

"We don't find out who we are before we step into the ring. We find out when we're in it."

A high-impact session on Mental Health, Emotional Intelligence, and Cultural Alignment.



THE THREE 'C-BOMB'

Outcomes

ROUND 1: CLARITY (The Jab)

The Shift: Identifying the 'Mask' and the subconscious programming (RAS) that dictates 95% of our results.

The Result: Radical self-awareness that stops self-sabotage and improves decision-making.

ROUND 2: CHOICE (The Cross)

The Shift: Moving from low emotional granularity (anxiety) to high-performance states (excitement).

The Result: Mastering the space between stimulus and response to lead with strategy, not ego.

ROUND 3: CONGRUENCE (The Hook)

The Shift: Aligning internal values with external actions to become 'unfuckwithable.'

The Result: Creating an 'emotional contagion' of trust that builds a high-integrity, low-BS culture.

WHY BOOK

Tiff Cook?

THE NARRATIVE EDGE

From the grungy 'Basement' boxing gym to the front cover of an ARIA #1 album with Mark Seymour, Tiff's stories are cinematic, raw, and unforgettable.

THE DISRUPTOR

Tiff blends the grit of a fighter with insights of neuroscience & trauma-informed recovery (Gabor Maté, Carl Jung, Brené Brown).

THE CULTURAL ARCHITECT

Tiff doesn't just inspire individuals; she provides the blueprint for a 'Low bullsh*t' culture where teams can finally drop the mask and do their best work.

THE PATTERN INTERRUPT

She is the 'anti-keynote' - an authentic, irreverent, and deeply empathetic speaker who refuses to sell 'fluff.'