

Layne Beachley AO

Seven-time world surfing champion, partner with My Mirror & co-creator of the Awake Academy, SYDNEY

Layne Beachley AO is regarded as the most successful female surfer in history. Her dedication to success sees her as the only surfer, male or female, to claim six consecutive world titles between 1998 and 2003. Ms Beachley went on to win a seventh world title in 2006 before retiring from the World Tour in 2008.

Layne is an ambassador for various charities, a champion of mental wellness, a passionate environmental campaigner, Chairperson of Surfing Australia, and an Officer of the Order of Australia.



Layne believes arming every single Australian with the necessary tools to care for their mental health and wellbeing, is fundamental.

That's why she recently launched Awake Academy – an online, self-empowerment platform “offering a no BS transformation to awaken people so they can detach from fear, take control, and design a life they love.”



To extend her health and wellness offering, Awake Academy is teaming with evidence-based psychology partner, My Mirror – an Australian, digital mental health clinic that connects patients to expert psychologists from the comfort of their own home, and strives to normalise the process of talking to a mental healthcare professional.

“From my own personal experience, mental health care requires a holistic approach, including the development of a strong support network, and professional psychological care.

“My Mirror is the perfect partner for Awake Academy, as the platform combines innovation with the professional expertise required to change the way Australians engage with psychological support,” said Layne.

Today, Layne maintains her mental health and wellbeing by continuing to surf every day, give back to the community, and occasionally indulging in her biggest weakness, hot chips!

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