



HARRY M MILLER GROUP

FOX STUDIOS AUSTRALIA, FSA #38, 38 DRIVER AVENUE MOORE PARK NSW 2021
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Elka Whalan (nee Graham)

"3% of a nation ever make a national team and 0.8% ever get to stand on the dais. Those stats were a major confirmation for me knowing the Olympics was what I wanted in 2000, regardless of missing out on school formals, not staying out too late or forgetting about indulging in the normal experiments of drinking and boys, whilst others took the path often chosen, I chose the harder route, and what I learnt was that sometimes the right thing to do is often the toughest."

Elka Whalan



Following her stellar swimming career dual Olympian Elka has successfully transitioned to a media career. She is a regular Jury member on the Seven Network's The Morning Show. Genuine and engaging Elka is great talent on camera most recently appearing on Between The Lines and Pyramid. She has also appeared on Dancing With The Stars, Deal Or No Deal, The Panel, Laws on Foxtel and she has commentated for ESPN and Fox Sports.

Mother of two, Elka is the ambassador for Swisse Vitamins, Heinz Simply and Allianz.

Elka received medals at every international swim meet from the 2000 Sydney Olympics, 2004 Athens Olympics, World Championships, Commonwealth Games, Pan Pacific's and the World Cup up until she announced her retirement at the 2006 Commonwealth Games. In her swimming career Elka set both Australian and Commonwealth records and received dais medal status in all events.

In 2001 she recorded the fastest swim in the 200m Freestyle and became number one in the world. 2001-2004 saw her top 3 in the world for both the 200m and 400m freestyle. In 2003 she won gold in the 100m, 200m, 400m and 800m at the World Championships, no woman has ever achieved this feat.

With her positive attitude and vibrant personality, Elka survived a month in hospital after she was diagnosed with a heart condition, she went on to World Championships in 2003 only one month later and came home a multiple medallist.

A big supporter of the Heart Foundation, Elka's passion lies in dedicating her time to those in need. Elka is energetic, vivacious and articulate, with an infectious smile and great sense of humour.

50 YEARS REPRESENTING THE PEOPLE WHO MAKE HISTORY

HMMG Pty Ltd (ACN 144 668 351) as Trustee for the Miller Cilento Trust

Elka has modelled for many magazines including Cleo, Marie Clare and Alpha. She was the face of AJC Spring Racing Carnival in 2004, and she has written for the Sun Herald, Marie Clare, and Women's Health.

Elka sees life as a challenge, she thrives on pressure and uses her enthusiasm to turn any situation into a positive. With maturity and experience beyond her years, Elka Whalan is an asset to Australian sport and an inspirational role model for all people.

Elka's most recent activities include

- Ambassador for Allianz Let's talk about Life campaign (2012)
- Ambassador for Heinz Simply baby food products (2011)
- Regular Jury panellist for The Morning Show, Seven Network (2011)
- Ambassador for [projectABLE](#) an initiative of Care Careers to educate high school students about employment opportunities in the disability support sector (2010-2011)
- Ambassador Seven Bridges Walk (2010)
- Commentator for ESPN for the upcoming 13th FINA World Championships in Rome in late July (2009)
- Appointed to the Ronald McDonald House Charities Board as their youngest member (2009-2010)
- Elka took part in the Worldwide Walk campaign and shared some of her experiences in several articles in the Australian Women's Weekly (2009)
- Member of the Australia Day Council of NSW and took part in Australia Day celebrations (2009-2011)
- Park Hyatt Melbourne partner with Elka and she will feature in the hotel's in-house welcome video (2009)
- Partner of Swisse Vitamins (2005-2012)

Elka is a highly sought after speaker and has completed over 500 speaking engagements throughout her career. She loves hosting and emceeing and has received great feedback from many of her engagements. Elka can speak on a variety of subjects and is an excellent host.

Speaking Topics include

- MC/host
- Swimming – Candid and raw: Elka opens about the disqualification of the Australian Women's 4 x 200m freestyle relay where they dived in too early and were world champions for 30 seconds
- Health & Fitness
- Motivational – Finding you and your talent, Team work and the strength of foundation, Failures that make you stronger
- Motherhood

"Every morning I wake to know that there are 86,400 seconds in every single day and if I ever feel short changed I know that everyone else has the exact same of amount of seconds in their day as I do. Two questions I always ask in my seminars, are "Do you know who you are?" and "Where do you want to go?" more often than not many people know what they want or where they are going but struggle with identifying themselves."

For the latest visit www.elkawhalan.com.

Testimonials

“Elka combined youthful enthusiasm with wise words of advice about setting goals and going for them with determination. She really added an inspiring dimension to our Duke of Edinburgh's Award presentation evening. The girls and their parents spoke so positively about Elka's honest and humorous delivery as she told us about her life journey so far. She related so easily to the girls at their age and stage and I am sure that many will be influenced to strive for bigger and better goals than they could have imagined beforehand.”

Cynthia Aventa, Pymble Girls Private High school

“With your charismatic stage presence you delighted the crowd with a down to earth and engaging speech on life and the dedication it took for you to be successful in accomplishing your goals in swimming. From comments I received over the weekend it would be safe to say for many delegates you were not only the hit of the night but of the whole State Conference.

Any organisation who would wish to have a delightful speaker, full of knowledge of lessons learned with tremendously funny anecdotal stories could not do better than Elka Graham. We were more than suitable impressed so please accept our congratulations and thanks for a job well done.”

NSW Touch Football

“Elka's deliverance is hilarious, she is real, individual and so honest. Her aura and “zest” for life is truly remarkable. Whether for team building, businessmen, or motivation, Elka encapsulates it all with the right mix of experience, wisdom beyond her years and a great message. One of the best speakers I have heard in years.”

MD Energy Australia