

ANNA HEMMINGS MBE – OLYMPIAN & 6X WORLD KAYAK CHAMPION

Suggested Intro.

Please choose an introduction from those below, Anna is not precious about the introduction and these are just ideas, so please feel free to tweak and amend or mix and match...

“We are delighted to have with us today a two time Olympian, six times world champion and an MBE; with no less than 11 World and European medals to her name she is Britain’s most successful ever female kayaker. Since retiring from sport Anna Hemmings founded training consultancy Beyond the Barriers, she enjoys sharing the lessons that she has learned from elite sport; she will talk to us about her achievements, the adversity that she faced and how she built the resilience to sustain a career at the highest level of sport for 15 years. Ladies and Gentlemen... Anna Hemmings.”

Or

“Our speaker today is Anna Hemmings, she is a two time Olympian, a six times world champion kayaker and she was awarded an MBE by the Queen. She is a woman who persevered and succeeded despite the odds, who achieved when others said she couldn’t. She is a real inspiration and the tips that she will share with us today are proven and come from personal experience. Ladies and Gentleman please welcome on stage....Anna Hemmings MBE”

Or

“Ladies and Gentleman I would like to introduce you to our guest speaker: she is an Olympian, a European Champion, a World Champion, an MBE and an entrepreneur with a leading high performance training consultancy. She dominated her sport of marathon kayak racing for 10 years, she knows how to reach the highest level and then sustain elite performance in challenging environments. Rest assured that when she talks to us today about high performance and dealing with big change she speaks with authority from personal experience. Please welcome Anna Hemmings...”