



ANNA HEMMINGS MBE, OLY

2 x Olympian &
6 x World Champion,
Resilience & High Performance Specialist,
Leadership Coach

Anna Hemmings is Britain's most successful female marathon kayaker with a staggering eleven World and European Championship medals, 9 of them gold. She is now a leading inspirational speaker on resilience and high performance.

THE SUNDAY TIMES
SPORTSWOMEN
2005 Champions Award

BBC London
2007 BBC London Sports
Personality of the Year

BEATING THE ODDS

By the age of 24 Anna had been World Champion 3 times and competed at the Olympic Games. In 2010 she was awarded an MBE for her services to sport. She achieved this success against all the odds. She was told by the British head coach that she was not big enough or strong enough to be a great kayaker. She proved him wrong. At the peak of her career, Anna was diagnosed with Chronic Fatigue Syndrome and was told by medical experts she might never race again. She battled her way to full recovery and went on to win a further 3 world titles and compete at her second Olympic Games in Beijing 2008.

HIGH PERFORMANCE SPECIALIST

Since retiring from sport Anna has become recognised as a specialist in the field of resilience and the psychology of high performance. She is an accredited Performance Coach and founded Beyond the Barriers high performance training consultancy, designing and delivering resilience, leadership and high performing teams programmes. She works globally with leaders and teams helping them develop the skills, attitudes and behaviours to deliver exceptional performance.

Anna's unique combination of experience in elite sport combined with 12 years leading a successful business and working alongside senior leaders, gives her a broad understanding of the challenges that leaders and teams face and how to overcome them to deliver outstanding results. In her speeches Anna reveals the thinking,

MOST POPULAR SPEECHES

- 'The Resilient Leader's toolkit'
- 'Success in the Face of Adversity'
- 'Getting the Competitive Edge'
- 'Building High Performing Teams'

methodology and techniques she used to become a world champion 6 times and how those strategies can be applied directly to the business world.

SPEAKING

With 18 years of experience on the speaker circuit, Anna's speeches and masterclasses have been enjoyed and valued, in more than 25 different countries, across a variety of industries.

Key insights from Anna's engaging and thought provoking speeches are brought to life through entertaining anecdotes from her journey in sport and business. She has a proven track record as an accomplished, inspiring and humble speaker. She makes sure that she has a clear understanding of the audience, the company and their industry; ensuring that each presentation is designed specifically for the client.

SOME OF THE BRANDS THAT TRUSTED ANNA



"It was one of the best motivational talks translating high performance in sports into the business world that I've heard. We are all walking away with many wonderful insights and actionable take-aways."

EMMA WHITAKER
Communications Director,
Hitachi ABB Power Grids

"Anna delivered her address with great passion and left the audience inspired. Anna's subtle sense of humour resonated well with the audience. Her powerful personality and articulate way of speaking, made her keynote session extremely memorable. Anna was so open to ideas and suggestions and her ability to understand the business context, and moderate her messaging accordingly, is a sheer delight for any client."

SHIVANI SHARAF
Partner – Corporate Affairs
and Communication,
Roche India