

# SPEAKER TOPICS



ANNA HEMMINGS MBE, OLY

## FORMATS

All topics can be delivered in one of these formats virtually and physically:

**Speaking**  
SPEECH

30-50 mins + Q&A

**Development Programme**  
DIAGNOSTIC, FEEDBACK,  
MASTERCLASSES

**1:1**  
COACHING SESSION

## GETTING THE COMPETITIVE EDGE

Exceptional individuals are not born they are made. Anna’s mission is to provide clients with the key skills and mindset required to succeed at the highest level. In this inspiring speech she reveals the thinking, methodology and techniques she used to become a world champion 6 times and how those strategies can be applied directly to the business world.

### AUDIENCES WILL LEARN

- What does a winning mindset look like and how to develop it
- Techniques for sustaining high performance and success year after year
- The power of extraordinary goals
- How to prepare like a pro and execute exceptional performance
- Top 10 attitudes that champions adopt along with the behaviours and actions that bring them to life



*“Anna told us her story in such a charismatic, authentic, and inspiring way that I am still receiving positive feedback from around the organization and requests to watch it back. Everyone could walk away from this speech with something! Anna included everything we had discussed to make her journey so beautifully in sync with ours. It was like she was speaking as a part of our organization.”*

**GARRETT DIBON-SMITH**

Global Learning &  
Development Manager, Novartis

*“Thanks so much for inspiring us all today. It was one of the best motivational talks translating high performance in sports into the business world that I’ve heard. We are all going into the weekend with many wonderful insights and a spring in our steps”*

**EMMA WHITAKER**

Communications Director,  
Hitachi ABB Power Grids

## RESILIENCE: SUCCESS IN THE FACE OF ADVERISTY

Resilience is a game changer, it's what will give you and your teams the ability to think clearly and strategically, to make rational decisions and emerge stronger.

Having had her own struggles and overcome adversity, performed under pressure in challenging environments and studied and worked with resilient leaders and teams over the last 12 years, Anna knows how to support organisations and equip them with the tools to boost resilience.

In this inspiring keynote she presents highly effective and practical techniques to ensure you are well equipped to thrive through turbulent times.

### AUDIENCES WILL LEARN

- How to develop a resilient mindset
- How to build emotional control
- Techniques to perform under pressure
- Going from destructive to supportive thinking
- Managing perspective and focus of attention



*"We were looking for an event to showcase resilience and to give an empowering message to our employees – Anna's virtual session wholeheartedly fulfilled this purpose. She shared her inspiring journey and brought a number of skills based techniques and solutions to dealing with challenges and building resilience. This combination made the presentation highly engaging, meaningful and motivational!"*

ANNA KENTON  
Deloitte LLP

*"I really enjoyed your virtual session. I am struggling with everything that is unfolding in these bizarre times. Your presentation equipped me with some very practical and structured techniques to help me cope when I start to feel overwhelmed. Thank you very much for sharing your insights."*

AILEEN O'KEEFE  
Recruitment Consultant,  
Morgan McKinley

## HIGH PERFORMING TEAMS

High performing teams are finely tuned, they consistently perform at a high level, they achieve outstanding results and it doesn't happen overnight but with the right tools and mindset it is possible. Anna's simple, practical and powerful tools are a fusion of the latest research and science of performance together with pioneering principles from the world of elite sport for the development of high performance teams in the business world.

Although Anna didn't compete in a traditional team sport, she didn't reach the highest level on her own, when she made the GB Team she was a part of a professional set up with sports scientists, physios, nutritionists and sports psychologists; team work has been a fundamental part of her success. Anna won one of her 6 world titles in the doubles with her partner Helen Gilby and competed at the Olympic Games in Beijing in the doubles too, giving her first-hand experience of what it takes to build a cohesive, motivated and high performing team.

The core of this speech is built around the framework of *The Five Behaviors® of a Cohesive Team Model* (which Anna is an accredited trainer) and is illustrated through inspiring anecdotes from Anna's journey in sport and business.

### ANNA CAN EXPLORE

- What does a high performance culture look like and how to develop it
- Why trust is at the foundation of a high performing team and how to build it



*"Anna's insights were a great motivation to the team. She was just the tonic we needed to get through a tough time during lockdown and help us on the way to our best ever quarter! We'll certainly be looking to use Anna again and I'd highly recommend her to anyone else."*

SPENCER GORE  
CEO, EMG-Health

*"We had great feedback from our senior leaders who felt that the session was inspiring and perfect for the challenges they are facing. Anna's insights and strategies for leading a high performance culture were spot on, it resonated well with leaders and they loved the parallels drawn between the business and sporting worlds."*

DIANA HARRIS  
Senior VP Employee Engagement and  
Transformation, NTT

- The importance of focusing on collective results
- Embracing accountability for enhanced performance, higher standards and quality of work
- Encouraging healthy conflict and debate for more innovative and creative ideas
- Developing commitment for better, faster decisions and complete buy-in

## RESILIENT LEADERS TOOLKIT

The businesses who thrive through periods of adversity and rapid change are the ones who have resilient leaders who drive them forward. Resilient leaders are more effective under pressure, have the ability to think clearly and make rational decisions in the face of challenge and create opportunities for growth. Using *The Resilient Leaders Elements™* framework Anna will share how you can become a resilient leader. She will take you on an inspiring journey and reveal the behaviours, actions and strategies that leaders need to be resilient and have impact.

### AUDIENCES WILL LEARN

- The importance of clarity of direction and a unifying purpose
- The power of authentic leadership and building strong relationships
- How to develop leadership presence even when you're not in the room
- How to engage and motivate teams to by understanding what drives us and others
- Strategies for resilient decision making and thinking correctly under pressure
- Building confidence to navigate through uncertainty and change



*"I was impressed with the warmth and energy Anna showed throughout her speech and her commitment to ensure that the messages were relevant and meaningful to the conference. Anna's story is well suited to resilience and leadership development. I would definitely recommend Anna for corporate events."*

ANDY SMITH  
Operations Director,  
Balfour Beatty

*"Anna's presentation targeted the core elements of resilient leadership and how to thrive in the face of work pressures and deadlines. There was a strong link of wellbeing and resilience to Anna's own story of success and illness that was positive and inspiring; and although sports focussed, totally relatable to a work setting."*

REBECCA WOOD  
Environment & Wellbeing Specialist,  
UCB Pharmaceuticals

## DISRUPTIVE THINKING FOR THE COMPETITIVE EDGE

Disruptive thinking at its core is about thinking differently and in a way that challenges the traditional way of doing things.

At the start of Anna's career she was told she was too small and didn't have the right build to be a great kayaker so it was imperative that she found ways to challenge these assumptions and approach training from a different perspective. She discovered that disruptive thinking can produce unconventional training strategies that deliver extraordinary results.

In this speech Anna will use her personal anecdotes to share simple and practical strategies for embracing disruptive thinking and applying it in your life to help gain the competitive edge.

### AUDIENCES WILL LEARN

- What disruptive thinking is and how to disrupt the status quo
- How to challenge assumptions and approach situations from different perspectives
- The power of the creative subconscious and how to harness it for your success
- The importance of cognitive diversity and embracing a broad spectrum of thinking styles
- What healthy conflict is and why it's crucial for innovation and new ways of thinking



*"Roche Pharma India had the absolute pleasure of hosting Anna Hemmings at our annual strategy kick-off, in January 2022. Anna delivered her address with great passion and left the audience inspired. It was a pleasure dealing with Anna, she was so open to ideas and suggestions. Anna's subtle sense of humour resonated well with the audience. Her powerful personality, and her articulate way of speaking, made her keynote session extremely memorable. I would highly recommend Anna as a guest speaker for large scaled events, where the intent is to inspire and enthrall the audience. Anna's ability to understand the business context, and moderate her messaging accordingly, is a sheer delight for any client. Thank you for making such a great impact at our event!"*

SHIVANI SHARAF  
Partner – Corporate Affairs  
and Communication, Roche India

- The importance of embracing failure and the impact on innovation and future performance
- How our attitude and mindset influences our approach and ability to see beyond what others have set as limits