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ANNA HEMMINGS



Anna Hemmings MBE, OLY – 2 x Olympian & 6 x World Champion
‘Infusing the business world with the secrets of sporting success’

“One of the best motivational talks translating high performance in sports into the business world that I’ve heard!” – Emma Whitaker, Communications Director, Hitachi ABB Power Grids

Anna Hemmings, MBE
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.

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.

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. Anna has worked with CEO’s and senior leaders through to middle management, 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. Whether its building confidence, engaging teams or developing resilient leaders, she is passionate about helping others succeed at the highest level. Her most popular speeches are: **‘The Resilient Leader’s toolkit’**, **‘Success in the Face of Adversity’** and **‘The Winning Mindset’**

With 18 years of experience on the speaker circuit, Anna’s speeches and masterclasses have been enjoyed and valued, in more than 15 different countries, across different industries from banking and telecoms, to healthcare and retail. These global brands have trusted Anna to inspire their people to achieve more: IBM, Unilever, Vodafone, Balfour Beatty, UCB Pharmaceuticals, British Airways, Deloitte LLP, RBS and many more.

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 relevant and designed specifically for the client.

Anna's sporting achievements were recognised at the Sunday Times Sports Woman of the Year Awards, where she won the 2005 Champions Award and then again in 2007 when she was voted BBC London Sports Personality of the Year.

Anna Hemmings will support you on your journey to high performance with speeches, masterclasses and 1:1 coaching.

What Anna's Clients say:

"This was one of the most valuable, practical and inspirational presentations I have heard. I know it will be one of the events I watch again and again as Anna shared so many ideas on how to change mind-set, how to appreciate feedback, how to be constantly curious and to focus on the 'how and the now'. I thank you Anna for sharing your story and touching all the 2100+ people who joined the event yesterday." **Kathleen McQuone-Elliott, Digital Lead, Novartis**

"We all found your talk extremely valuable, insightful and engaging – it was perfect in both content and delivery! We received great feedback from our markets and senior leaders too!" **Veronica Caselli, Global Grooming Sustainability Director, Procter & Gamble**

"Anna's personal story of triumph over adversity and her commitment to continuous and never ending improvement was the perfect motivation for my team. Anna tailored her message in line with my objectives for the session and the result was more than just a compelling story; it was a compelling and relevant business message. I highly recommend both Beyond the Barriers and Anna for any corporate function." **Brendan Lynch, Director Wholesale Markets, Virgin Media Business**

"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, Manager, Deloitte LLP**

"Anna is a brilliant speaker – the audience was completely engaged, inspired and motivated – I was spellbound. The feedback from this event was the best I've ever had. Anna has the ability to tell a great story whilst making useful connections to personal and business issues. There were many thought provoking ideas generated and we're still referring back to the lessons from her story several weeks after the event." **Naomi Climer, Vice President, Sony PSE**

"Anna's top tips for 'Getting the Competitive Edge', learned from a career in sport, are practical, relevant and directly applicable to any business. The Lego models are brightening up our office and are a great reminder of the personal and team learnings and commitments that we made to enable us to meet the challenges that 2020 holds." **Anna Achene, Revenue Planning Manger British Airways**