



ANNA HEMMINGS

Introductions

Anna Hemmings MBE, OLY – 2 x Olympian & 6 x World Champion

Here are some suggested introductions you can use to introduce Anna at your event. Please choose one of the below and feel free to tweak 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 is a Leadership Coach and world class inspirational speaker. She enjoys sharing the lessons that she has learned from elite sport; she will talk to us about the winning mindset and the strategies she used to sustain a career at the highest level of sport for 15 years and how they apply to your world.

Ladies and Gentlemen... Anna Hemmings.”

“The world has never been more challenging, changing and uncertain. We need to adapt. We need to strengthen our resilience.

Our guest speaker this morning has a staggering 11 world and European Championship medals, she’s an Olympian, she’s a Leadership Coach and an Entrepreneur. She is a woman who persevered and succeeded despite the odds, who achieved when others said she couldn’t. Rest assured that when she talks to us today about resilience, she speaks with authority from personal experience.

Anna draws on the lessons she has learnt along her journey as an Olympian, world champion and expert in the field of high performance and resilience and is on a mission to infuse the business world with the secrets of her sporting success so that others can apply them in their world.

Please welcome Anna hemmings..."

"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 Performance Coach and an entrepreneur. 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"