

ANNA HEMMINGS



Britain's most successful female marathon kayaker 2 x Olympian, 6 x world champ kayaker

Anna Hemmings is Britain's most successful female marathon kayaker. She became the first ever British female canoeist to win both European and World titles and participated in the Sydney Olympic Games in 2000 where she competed in the 500m singles discipline and then again at Beijing 2008. In total she won six world championship medals and was awarded an MBE in the 2010 New Year Honours list.

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, she 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.

Anna has since become recognised as a specialist in the field of resilience and the psychology of high performance. She is a leading inspirational speaker on resilience and high performance and is known for infusing the business world with the secrets of sporting success. Anna has become an accredited Performance Coach and founded Beyond the Barriers high-performance training consultancy. Anna has worked with CEO's, senior leaders and middle management at companies including Deloitte, Unilever and Lloyds 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. 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.

Topics (Selection):

- The Resilient Leader's Toolkit
- Resilience: Success in the Face of Adversity
- Getting the Competitive Edge
- High performing teams