



Annabell Fuller

SPORTS PERSONALITY

Senior performers are expected to hold their composure when the result is visible, the margin is small, and the recovery window is short. Most leadership development still treats this as a soft skill rather than a trained capability. The cost is felt in poor decisions made under load, not in the absence of resilience workshops.

Annabell Fuller is a Ladies European Tour professional who speaks on what it takes to hold composure, make decisions, and keep performing when the outcome is public and the margin is narrow.

Annabell Fuller's 2026 Biography

Why organisations work with Annabell Fuller

- A live competitor's account of decision-making under public pressure, drawn from major championship cuts at Carnoustie and a top-three finish at a USD 5 million LET event, not retrospective reflection from a retired career.
- Specific, sport-grounded language for what self-leadership looks like in the seconds before a high-stakes call, useful for leaders briefing teams on composure rather than wellbeing.
- A credible voice on the gap between physical preparation and competitive output, drawn from CrossFit-led conditioning work integrated into a professional golf schedule.
- A generational perspective on performing in public view at twenty-three, relevant to organisations thinking about early-career talent expected to operate under scrutiny.

Biography highlights

- Ladies European Tour professional since 2024; tied 5th at LET Q-School to earn her card.
- 3rd place at the PIF Saudi Ladies International 2025, a USD 5 million LET event.
- Made the cut at the 2021 AIG Women's Open at Carnoustie as one of only three amateurs that year.
- Three-time Curtis Cup player for Great Britain and Ireland (2018, 2021, 2022).
- Two-time European Ladies' Team Championship gold medallist for England (2021, 2022).
- 2020 English Women's Open Amateur Stroke Play Champion; University of Florida NCAA golfer 2020 to 2023.

AVAILABLE FOR

- Panel Participation
- Speaking

ANNABELL'S SPEAKING THEMES

- Diversity, Equity & Inclusion
- Health & Wellbeing
- Mental Health in the Workplace
- Motivation and Inspiration
- Peak Performance
- Resilience & Stress Management

LANGUAGES: English

Biography

A senior team will commit hundreds of hours of training to a decision that takes two seconds to execute in public. The question of what holds a performer together in that window is rarely treated as a discipline. Annabell Fuller has spent her career inside it.

Fuller earned her Ladies European Tour card at Q-School in December 2023 with a tied-5th finish, then spent her rookie 2024 season learning to convert preparation into tour-level scoring. Her strongest result so far, third place at the PIF Saudi Ladies International in 2025, came at a USD 5 million LET event where the field included most of the tour's established names.

The amateur record behind her is the credential most useful to a board audience. She made the cut at the 2021 Women's British Open at Carnoustie as one of only three amateurs, won the English Women's Open Amateur Stroke Play Championship in 2020, and represented Great Britain and Ireland three times in the Curtis Cup. At the University of Florida she won the Florida Gator Invitational and reached the world's top 25 in the amateur rankings.

What sits underneath those results, and what she speaks about, is the conditioning behind composure: how a competitor builds a decision process that survives the moment a tournament tightens. The talks lean on CrossFit-integrated physical preparation, public accountability at twenty-three, and the specific discipline of recovering from a poor shot quickly enough to compete on the next one.

Key speaking topics

- Composure and decision-making under public pressure
- Self-leadership in elite competition
- Physical preparation and performance conditioning
- Resilience after setback
- Team performance in individual sport
- Early-career performance under scrutiny

Ideal for

- Sales leadership conferences focused on quota delivery under pressure
- Early-career and high-potential talent programmes inside large organisations
- Executive offsites built around composure and decision-making rather than strategy
- Employee networks and ERG events on women in performance environments

Audience outcomes

- A working language for what composure under pressure actually involves, drawn from competition rather than coaching theory.
- A clearer picture of how physical conditioning links to mental performance in a demanding role.
- Specific examples of recovering from public setbacks fast enough to perform on the next attempt.
- A credible account of operating under public scrutiny at the start of a career.

Annabell Fuller's Videos



Annabell Fuller's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	Please enquire	Please enquire	Please enquire
Europe	Please enquire	Please enquire	Please enquire
Middle East & Africa	Please enquire	Please enquire	Please enquire
South America	Please enquire	Please enquire	Please enquire
United Kingdom	Under €12000	Under £10,000	Under \$15000
US East Coast	Please enquire	Please enquire	Please enquire
US West Coast	Please enquire	Please enquire	Please enquire
Virtual	Under €12000	Under £10,000	Under \$15000