



Diana Nyad

AUTHOR · SPORTS PERSONALITY · TED SPEAKER · TEDX SPEAKER

Diana Nyad is an American marathon swimmer and journalist who speaks to organisations about endurance, resilience and achieving complex goals under extreme conditions.

- Completed a 28-mile swim around Manhattan in 7 hours 57 minutes, breaking a long-standing prior record.
- Completed a marathon swim from North Bimini to Florida, described at the time as the longest ocean swim in history.
- Successfully completed a Cuba-to-Florida swim without a protective shark cage after multiple attempts.
- Delivered TEDMED and TEDWomen talks on resilience and long-term goal achievement.
- Inductee of the International Swimming Hall of Fame and the National Women's Sports Hall of Fame.
- Author of memoirs including *Other Shores* and *Find a Way*, with her story adapted into documentary and feature film formats.

Diana Nyad's 2026 Biography

Key speaking topics

- Endurance and resilience
- High-performance mindset
- Long-term goal achievement
- Overcoming setbacks
- Team support and collaboration
- Performing under extreme conditions

Ideal for

- Senior leadership conferences
- Corporate resilience and change programmes
- Sales and performance kick-offs
- Organisations navigating complex, long-term transformation

Audience outcomes

- Clear perspective on sustaining focus over extended time horizons
- Practical insights into managing failure and repeated setbacks
- Understanding of disciplined preparation and mental resilience
- Appreciation of the role of team support in individual achievement

AVAILABLE FOR

- After Dinner Engagement
- Guest Appearance
- Speaking

DIANA'S SPEAKING THEMES

- Leadership
- Motivation and Inspiration
- Peak Performance
- Resilience & Stress Management

LANGUAGES: English

Why organisations work with Diana Nyad

- Brings first-hand experience of achieving high-risk, high-complexity goals under sustained pressure.
- Connects elite athletic endurance with commercially relevant themes of persistence and execution.
- Offers a credible, experience-led perspective grounded in documented achievements and global speaking platforms.
- Delivers a narrative that supports leadership, performance and resilience agendas.

Biography

Diana Nyad's career is defined by high-risk ambition, disciplined preparation and the pursuit of goals that many considered unattainable. Her achievements in marathon swimming, including record-setting open-water swims and a landmark Cuba-to-Florida crossing without a protective shark cage, position her as a compelling voice on endurance, resilience and long-term performance under pressure.

In her early competitive career, she established herself as a leading figure in marathon swimming, setting notable marks in events such as the Bay of Naples race and completing a record-breaking swim around Manhattan. She later completed a marathon swim from North Bimini to Florida that was described at the time as the longest ocean swim in history.

After a period away from elite competition, Nyad returned to the Cuba-to-Florida challenge, making multiple attempts before ultimately completing the crossing with the support of a dedicated team. The scale, complexity and physical demands of that swim have made it a case study in sustained focus, risk management and collective effort.

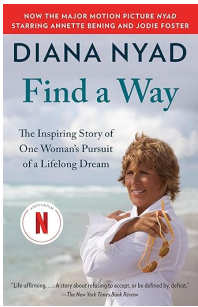
Beyond sport, Nyad built a career in broadcast journalism and sports media, including hosting and reporting roles in public radio. She is the author of memoirs including *Other Shores* and *Find a Way*, and her story has been adapted into both documentary and feature film formats.

Her contributions to swimming have been recognised with induction into the International Swimming Hall of Fame and the National Women's Sports Hall of Fame. Today, she brings first-hand insight into perseverance, preparation and the psychology of achieving complex, high-stakes objectives, making her a relevant and credible voice for organisations navigating demanding performance environments.

Diana Nyad's Videos



DIANA'S LATEST BOOKS



Find a Way: The Inspiring Story of One Woman's Pursuit of a Lifelong Dream