



## Tim Foster

### SPORTS PERSONALITY

Tim Foster MBE is an Olympic gold medallist and performance coach who helps leaders and teams apply elite sport principles to leadership, teamwork and sustained high performance.

- Olympic gold medallist in rowing (men's coxless four) and Olympic bronze medallist
- Competed for Great Britain at three Olympic Games
- Won multiple World Championship medals during his international rowing career
- Former head coach of the Swiss national rowing team
- Oxford Saïd Executive MBA alumnus
- Founder of an independent leadership and performance coaching practice

## Tim Foster's 2026 Biography

### Key speaking topics

- High-performance teamwork
- Leadership under pressure
- Olympic-level preparation and execution
- Coaching and talent development
- Performance culture
- Resilience and sustained excellence
- Translating elite sport principles into business

### Ideal for

- Senior leadership teams
- High-potential and talent development programmes
- Organisations focused on performance culture
- Executive education audiences

### Audience outcomes

- Clear understanding of what drives sustained high performance
- Practical principles for building trust and accountability within teams
- Insight into preparation, focus and execution under pressure
- Greater clarity on the role of coaching in leadership
- Frameworks for embedding performance habits in organisations

### Why organisations work with Tim Foster

- Brings first-hand experience of winning and medalling at Olympic level
- Combines elite sport achievement with formal business education

### AVAILABLE FOR

- After Dinner Engagement
- Speaking
- TV and Media

### TIM'S SPEAKING THEMES

- Corporate Culture
- Leadership
- Learning & Development
- Motivation and Inspiration
- Peak Performance
- Resilience & Stress Management
- Team Leadership

### LANGUAGES: English

- Experienced in coaching international teams and senior leaders
- Connects performance psychology and teamwork to practical organisational challenges

## **Biography**

Tim Foster MBE brings the discipline of Olympic performance to the realities of organisational leadership. As an Olympic gold and bronze medallist who competed at three Olympic Games, he understands what it takes to build teams capable of delivering under sustained pressure on the world stage.

His international rowing career included multiple World Championship medals, earned within high-accountability environments where preparation, trust and execution determined outcomes. That experience now underpins his work with leaders and teams seeking consistent, measurable performance.

Following retirement from elite sport, Tim moved into high-performance coaching, including roles within the Great Britain rowing programme and as head coach of the Swiss national rowing team. He has since developed a leadership and performance coaching practice working across sport and business, supporting senior leaders in translating high-performance principles into practical organisational contexts.

An Oxford Saïd Executive MBA alumnus, Tim combines lived experience of elite competition with formal business education. He has also been associated with leadership and performance development initiatives linked to the League Managers Association, supporting professional football managers in enhancing performance and leadership capability.

For organisations navigating complexity, competition and change, Tim Foster offers a grounded, credible perspective on building performance cultures, strengthening leadership under pressure, and aligning teams around shared standards of excellence.

## **Tim Foster's Videos**



## Tim Foster'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.

	<b>EUR</b>	<b>GBP</b>	<b>USD</b>
<b>Home Country</b>	Under €12000	Under £10,000	Under \$15000
<b>Asia Pacific</b>	Under €12000	Under £10,000	Under \$15000
<b>Europe</b>	Under €12000	Under £10,000	Under \$15000
<b>Middle East &amp; Africa</b>	Under €12000	Under £10,000	Under \$15000
<b>South America</b>	Under €12000	Under £10,000	Under \$15000
<b>United Kingdom</b>	Under €12000	Under £10,000	Under \$15000
<b>US East Coast</b>	Under €12000	Under £10,000	Under \$15000
<b>US West Coast</b>	Under €12000	Under £10,000	Under \$15000
<b>Virtual</b>	Under €12000	Under £10,000	Under \$15000