



## Ben Hunt-Davis

**Part of the GB Rowing 8 that won Olympic gold in Sydney**

Ben Hunt-Davis rowed for the National squad for a decade competing at three Olympics and six World Championships and is now a motivational and performance speaker and coach using the experiences of raising the bar in his rowing years to achieve a Gold medal.

## Ben's biography

### **Ben Hunt-Davis Motivational Speaker**

The Sydney Eight won Gold because they took apart everything they did in and out of the boat, as a crew and as individuals, and rebuilt it based on what would make it a faster and successful boat. The ideas and practices of 'Will it make the boat go faster?' are transferred by Ben into the [business](#) world with great success.

Ben has worked with diverse teams and organizations.

## Ben's talks

- The need to take action
- Will it make the boat go faster?

- **Goal setting, self belief and motivation**
- **Learning from one's mistakes**
- **Continuous improvement**

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