



Anna Hemmings

Britain's most successful ever female kayaker, a 2 time Olympian and 6 times World Champion

Anna inspires audiences with anecdotes from the World Championship and Olympic Games; hers is really a tale of triumph over adversity.

Anna's biography

Who is Anna Hemmings?

Anna Hemmings is Britain's most successful female marathon [kayaker](#) with a staggering eleven World and European Championship medals, 9 of them gold. She is now a leading inspirational speaker on resilience and high performance.

By the age of 24 Anna had been World Champion 3 times and competed at the Olympic Games. In 2010 she was awarded an MBE for her services to sport. 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, Anna 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. Since retiring from sport Anna has become recognised as a specialist in the field of resilience and the psychology of high performance. She is an accredited Performance Coach and founded Beyond the Barriers high performance training consultancy. Anna has worked with CEO's and senior leaders through to middle management, 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. Whether its building

confidence, engaging teams or developing resilient leaders, she is passionate about helping others succeed at the highest level.

With 18 years of experience on the speaker circuit, Anna's speeches and masterclasses have been enjoyed and valued, in more than 15 different countries, across different industries from banking and telecoms, to healthcare and retail. These global brands have trusted Anna to inspire their people to achieve more: IBM, Unilever, Vodafone, Balfour Beatty, Novartis, Roche, British Airways, Deloitte LLP, RBS and many more.

Key insights from Anna's engaging and thought provoking speeches are brought to life through entertaining anecdotes from her journey in sport and business. She has a proven track record as an accomplished, [inspiring](#) and humble speaker. She makes sure that she has a clear understanding of the audience, the company and their industry; ensuring that each presentation is relevant and designed specifically for the client.

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.

Anna Hemmings will support you on your journey to high performance with [speeches](#), [masterclasses](#) and 1:1 [coaching](#).

Anna's talks

- **Getting the competitive edge**

- What does a winning mindset look like and how to develop it
- Techniques for sustaining high performance and success year after year.
- The power of extraordinary goals
- Embedding the performance cycle for a high performance culture
- Top 10 attitudes that champions adopt along with the behaviours and actions that bring them to life

- **Building High Performing Teams**

- What does a high performance culture look like and how to develop it
- The importance of focusing on collective results
- Embracing accountability for enhanced performance, higher standards and quality of work
- Encouraging healthy conflict and debate for more innovative and creative ideas
- Developing commitment for better, faster decisions and complete buy-in
- Why trust is at the foundation of a high performing team and how to build it

- **The Resilient Leader's Toolkit**

- The importance of clarity of direction and a unifying purpose
- The power of authentic leadership and building strong relationships
- How to develop leadership presence even when you're not in the room
- Engaging and motivating teams by understanding what drives us and others
- Strategies for resilient decision making and thinking correctly under pressure
- Building confidence to navigate through uncertainty and change

- **Resilience: Success in the Face of Adversity**

- How to develop a resilient mindset
- How to build emotional control

- Techniques to perform under pressure
- Managing perspective and focus of attention
- Bouncing back from adversity with renewed confidence and positivity
- **Disruptive Thinking**
 - What disruptive thinking is and how to disrupt the status quo
 - How to challenge assumptions and approach situations from different perspectives
 - The power of the creative subconscious and how to harness it for your success
 - The importance of cognitive diversity and embracing a broad spectrum of thinking styles
 - What healthy conflict is and why its crucial for innovation and new ways of thinking
 - The importance of embracing failure and the impact on innovation and future performance

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