



Sally Gunnell

One of the UK's finest female athletes of all time

Sally Gunnell OBE DL is still the only British female athlete to have won Olympic, World, European and Commonwealth titles, and was the first female 400 metres hurdler in history to win Olympic and World titles and break the world record.

Sally's biography

Sally Gunnell's historic achievements:

World Athletic Championships

- 1993 Gold medal in Stuttgart (Sally also broke the world record at this meet)
- 1993 Bronze medal in Stuttgart (4*400m relay)
- 1991 Silver medal in Tokyo

Commonwealth Games

- 1994 Gold medal in Victoria
- 1994 Gold medal in Victoria (4*400m relay)
- 1990 Gold medal in Auckland
- 1990 Gold medal in Auckland(4*400m relay)
- 1986 Gold medal in Edinburgh (100m hurdles)

European Athletic Championships

- 1994 Gold medal in Helsinki

Keynote speaking:

Sally still regularly delivers her [motivational and inspirational](#) keynotes round her two incredible journeys, first to Olympic Gold (1992) and then the following year winning gold at the Worlds (1993).

Her journey to [Olympic](#) gold tracks the trials and tribulations to achieving her childhood dream. The processes she needed to put in place, as well as working on the missing piece of the puzzle – [mental strength](#), overcoming self-doubt, using the power of visualisation! It was about executing the perfect race. Controlling only what she could control! Running her own race.

Her journey to gold at the World champ gold the following year, was where she really learnt a lot about herself. Having achieved her childhood dream the previous year, where would she find the motivation from to perform again under the pressure of the world stage. To add to that pressure Sally was not fighting fit. Suffering with a bad cold, how easy would it have been not to take part. She had the perfect excuse. But that was not what Sally was about! Drawing heavily on the power of the mind, locking away that inner voice of self-doubt!

Resilience / Wellbeing:

This is a topic Sally has spoken on countless times over the past 2 years.

The keynote is based on her combined learnings and experience from her sporting career and the parallels between sport and business.

[Resilience](#) is about having the ability to cope with stress and pressure when the going gets tough! When life knocks you down, having the strength to get back up, again and again. The tips and tricks audiences go away with are invaluable to both their work and home life, and the individual and the business. It's about being proactive rather than reactive. Implementing small changes that are sustainable but collectively make the greatest difference!

Sally weaves in key areas individuals can address that will support their wellbeing and improve their confidence: Fuelling ourselves, being Active, the power of Sleep, Mental strength, and Fulfilment, which comes from witnessing our own [growth](#).

We have all had to overcome a great deal in the past two years. Now it's about finding the confidence to move forward into a new reality. Covid-19 is part of life now and we need to be more resilient to deal with it and that comes down to looking after our wellbeing!

Sally is Head of Health and Wellness at www.temponutrition.com, and along with her husband, launched www.optimiseyourage.com, a conversation around changing the narrative on growing older and giving individuals the tools and understanding to live well for longer.