Anna Hemmings MBE

OLY – 2 x Olympian & 6 x World Champion

'Infusing the business world with the secrets of sporting success'

Anna Hemmings is Britain's most successful female kayaker with a staggering 9 World and European Championship gold medals. She is now a leading inspirational speaker and recognised specialist in the field of resilience and high performance. She works globally with business leaders and teams helping them develop the skills, attitudes and behaviours to deliver exceptional 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 the Beijing 2008 Olympic Games.

Since retiring from sport Anna has become a highly accomplished speaker, an accredited Performance Coach and founded Beyond the Barriers high performance training consultancy, delivering resilience, leadership and high performing teams programmes for blue chip companies. Anna's unique combination of experience in elite sport combined with 14 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.

In her speeches, Anna reveals the thinking, methodology and techniques she used to become a world champion 6 times and how those strategies can be applied directly to the business world. These insights are brought to life through entertaining anecdotes from her journey in sport and business.

"Anna's material is something that we are using to help build on post conference with some very clear and tangible actions leaders can take for themselves and their teams to enable high performance." **Rolls-Royce**

"Anna's session was without doubt the highlight of our conference this year and left even our most battle-hardened and cynical delivery engineers inspired and determined to challenge themselves to go further." **Siemens Mobility**









KEYNOTE EXCELLENCE TAILORED TO YOUR NEEDS

Anna knows what it takes to perform – in sport, in business, on stage. She brings a wealth of experience and delights in talking about her core subjects - resilience, high-performance and resilient leadership – through the lens of business and elite sport.

GETTING THE COMPETITIVE EDGE

Exceptional individuals are not born they are made. Anna's mission is to provide clients with the key skills and mindset required to succeed at the highest level. She shares simple, practical and powerful tools to help others perform at their best and become exceptional in everything they do.

- What does a winning mindset look like and how to develop it
- The performance cycle – embedding this in the heart of a high performance culture in order to deliver enhanced performance and better results consistently
- Techniques for thinking correctly under pressure
- Top 10 attitudes that champions adopt and the behaviours and actions that bring them to life
- Strategies for sustaining high performance and constant and never-ending improvement

RESILIENCE: SUCCESS IN THE FACE OF ADVERSITY

Helping individuals, leaders and teams to build resilience in order to sustain high performance and deliver results in the face of pressure and adversity.

Anna presents highly effective and practical techniques, these valuable and actionable insights are brought to life through inspiring personal anecdotes from her journey in sport and business.

- Learn simple and effective strategies to immediately boost your resilience
- Be less reactive, think more clearly and make logical decisions under pressure
- Build emotional control
- Managing perspective and focus of attention in the face of setback and distractions
- Create strategies for balancing stress and recovery and building long term sustainability
- Techniques for overcoming adversity and growing from it

BUILDING WORLD CLASS TEAMS

High performing teams are finely tuned, they consistently perform at a high level, they achieve outstanding results and it doesn't happen overnight but with the right tools and mindset it is possible. Anna's simple, practical and powerful tools are a fusion of the latest research and science of performance together with pioneering principles from the world of elite sport for the development of high performance teams in the business world.

The core of this speech is built around the framework of the 5 Behaviours of a Cohesive Team Model (which Anna is an accredited trainer) and is illustrated through inspiring anecdotes from Anna's journey in sport and business.

- What are the key characteristics of a high performing team and how to develop them
- Why trust is at the foundation of a high performing team and how to build 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 innovative ideas and optimal solutions
- Developing commitment for better, faster decisions and complete buy-in







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