

# Fit to Perform - 2012

Let our team of Olympic athletes help your team perform at their best



Get your staff or clients energised to perform at their best with this half-day highly motivational and educational programme delivered by our team of Olympians.

The London 2012 Olympic Games are fast approaching and what better way to take your team on an inspirational and thought provoking Olympic journey than this powerful session. The programme starts with a 45 minute motivational talk by a choice of Olympic and Paralympic medalists followed by a 2 hour interactive workshop by Olympian and 6 x World Champion Anna Hemmings MBE. Anna will teach you some of the key lessons learned from elite sport to help you manage your energy to perform at your best at work and in life.

**“an excellent and thought provoking workshop”**

George Mayhew, Director, Corporate Affairs, National Grid Plc

There is so much history, drama and excitement that comes with an Olympic Games and the Olympics coming to London will be a once in a lifetime opportunity to inspire and engage your employees to become fit to perform. In this programme, your team will learn what it takes to be a champion from those that have achieved at the highest level in sport.

While we can't often change our external environment, we can train ourselves to better manage our inner state and build our capacity to thrive in the most difficult circumstances and emerge healthier, happier and stronger.

In this half day you will understand that the key to creating the optimum performance state is developing the capacity to mobilise energy on demand. You will discover how nutrition, fitness and recovery can play a huge role in improving your energy and concentration levels, reduce your propensity to make mistakes and help you to become healthier, more productive and successful.

Pick one athlete from our team to deliver a 45 minute motivational speech tailored to your company's key messages followed by a 2 hour 'Fit to Perform' interactive workshop with Anna Hemmings MBE.

This half-day session can be tailored to you or your clients needs. It is a great component for your staff development programme and a unique way to engage your staff in any programmes or links that your company has to the London 2012 Olympic Games. It is also fantastic as a business development session for your clients.

**“Sport has the power to change the world, it has the power to unite people in a way that little else does”**

Nelson Mandela

Our inspirational athletes are highly accomplished corporate speakers and as well as sharing their inspirational Olympic journeys, some of the topics they can cover include:

- Motivation
- Teamwork
- Overcoming adversity and dealing with change
- Leadership
- Personal, corporate and Olympic values

During the Fit to Perform workshop you will:

- Build capacity to be flexible in the face of change and prepare for challenging situations
- Understand how nutrition and fitness can play a huge role in improving your energy and concentration levels, reduce your propensity to make mistakes and improve your performance
- Consider just how much more you can get done once you know what it takes to maximise your energy
- Know how to recognise, and even anticipate when your energy levels start to drop then know how to recover and regain your focus.
- Increase performance and resilience while creating a greater sense of well-being

The content and messages delivered in this workshop can be tailored to meet your specific company requirements.

For more information, contact us via email or on the number below.

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## Anna Hemmings MBE

Anna Hemmings MBE is best known as Britain's most successful ever female canoeist, a two time Olympian and 6 times World Champion. She inspires corporate audiences with anecdotes from the World Championship, the Olympic Games and her tale of triumph over adversity. In April 2003 Anna was diagnosed with Chronic Fatigue Syndrome and she was told by medical experts she might never race again. But Anna's 'never give up' attitude enabled her to make a full recovery. Between 2005 and 2007 she went on to win a hat-trick of three world titles in a row and to become an Olympian for the second time competing at the 2008 Beijing Olympics. Her achievements were recognised when she was awarded an MBE in 2010.



Anna is the founder and Director of Beyond the Barriers Ltd, experts in health, wellbeing and personal performance. Beyond the Barriers are dedicated to improving the health and performance of corporate employees. Using lessons learned in elite sport and preventative medicine we help businesses get the most out of their most important asset – their people. Our team of Olympic athletes, wellness professionals and respected performance coaches have developed a range of programmes designed to strengthen both the mind and the body.

**“Anna did a fantastic job of bringing to life how the lessons learnt as an elite athlete can be transferred into the work place to help cope with the constant pressure and change”**

**Phil Boas, Head of Sponsorship, E.ON**



**Leon Taylor**

Regarded as one of the world's top platform divers, Leon's passion for everything he does has helped him achieve sustained success at the highest level, winning medals at all major championships. In such a physically punishing sport, his career lasted more than 20 years and his success brought diving to the attention of the British public when he won silver at the 2004 Olympic Games in Athens with diving partner, Peter Waterfield. He is acknowledged within the sport for pushing the boundaries of what's possible, inventing "the world's most difficult dive" – a backward 2.5 summersaults with 2.5 twists in the piked position. As an accomplished speaker on the corporate circuit, Leon is once again pushing the boundaries by creating "Mentormenting", a new approach to engaging and inspiring talent in the corporate world.



**Gail Emms MBE**

Gail and mixed doubles partner Nathan Robertson are the most successful Great Britain badminton partnership ever. In 2004, they reached the final of the Olympic Games in Athens, narrowly losing to the Chinese pair Gao Ling and Zhang Jun and so winning the silver medal. This set the tone for success to come and Gail then went on to become World Champion in 2006, Commonwealth Champion in 2006 and won European titles both in the mixed and ladies doubles in her International career. Since retiring after the Beijing Olympics, Gail has been passionately involved with the Youth Sport Trust and working with disengaged students in school sport. Gail is also mentoring young athletes for London 2012 and forming a media career on TV and radio. Challenges are readily accepted as well and the London marathon and Mount Kilimanjaro have been completed! And if that is not enough to keep her busy, she is a mum to Harry who was born in March 2010.



**Giles Long MBE**

Giles is one of the most successful and well-respected Paralympic swimmers of our time. At the age of thirteen Giles was diagnosed with cancer. The bone tumour in his arm meant that his dreams of going to the Olympics, held as a seven year old boy, were shattered. However, Giles carried on swimming, finding the process of goal setting and building a team around him, in a time of rapid change, not only focussing but exhilarating. He broke his first World Record at the age of 17 and in 1996 qualified for the 100m Butterfly at the Atlanta Paralympics as the fastest man in the world. At the Sydney 2000 Paralympics Giles again took gold and with one dream realised another had to be created. He went on to become a 3 times Paralympics Champion at the 2004 Athens Paralympics. Giles has since become an author, a TV sports presenter and a highly accomplished speaker.



**Sarah Winckless**

An Olympic bronze medallist and double World Champion, Sarah has represented Great Britain at three Olympic Games and seven World Championships. Prior to the Athens Olympics she had never medalled on the world stage; she and her partner Elise Laverick took an incredible risk in the final to secure their bronze medal. Sarah subsequently followed this up with two world titles in the quadruple scull. With these results under her belt and her preparation for Beijing 2008 well on track, Sarah then suffered a career threatening injury which required a major operation. Demonstrating her resilience and determination she fought her way back to secure her Olympic selection and take her place in the Women's eight. Sarah's philosophy has always been that a great performance comes from personal motivation and hard work, however no individual achieves alone, and sometimes that bit of magic comes from external assistance. Sarah is a CPCC co-active coach and was appointed the Chair of the British Olympic Associations



**Danny Crates**

Recently retired from International competition the 2004 Paralympic Champion, European Champion, Paralympic World Cup winner and world record holder has some amazing achievements and an amazing story to share. Facing a promising rugby career, playing at both regional and county level, Danny suffered an horrific accident in 1994 whilst travelling and working in Australia, losing his right arm. Not to be deterred, Danny resumed his rugby activities, but as a natural speedster, soon turned his attention to athletics. Danny made his international debut in the 1998 World Championships in the T46 400m arm amputee class and won a silver medal in a new European record time. Danny later changed to become an 800m runner and has since achieved victory at every major level of paralympic athletics. Danny is one of life's natural characters and his charm and humour make him an excellent motivational speaker.



**Kate Allenby MBE**

A renowned international competitor who is a dynamic and confident team player with the proven drive and 'joie de vivre' to achieve within the high pressure environment of both sport and business. In her 16 year career Kate has been one of the leading and most charismatic pentathletes in the world. She has won over 50 national and international medals, across different sports, achieving over half at major championships. Kate's achievements include winning two World Cup finals, a European title and a World Championship silver medal. Her finest moment came at the Olympic Games in Sydney 2000 when despite a muscle tear in her shoulder she battled through to take the bronze medal. Kate went on to win a silver medal in fencing at the Commonwealth Games in 2002. She competed at her second Olympics at Athens in 2004. Having retired from sport, she now works as a teacher, mentor, modern pentathlon coach and is an inspirational corporate speaker.

### **Anna Hemmings MBE**

“Anna’s personal story of triumph over adversity and her commitment to continuous and never ending improvement was the perfect motivation for my team. Her presentation was more than just a compelling story; it was a compelling and relevant business message.”

*Brendan Lynch, Director Wholesale Markets, Virgin Media Business*

### **Leon Taylor**

“An uplifting and motivational address which inspired the audience ...”

*Adrian Bryant, Royal Bank of Scotland Cards*

### **Danny Crates**

“I walked away from that day feeling motivated and inspired because of Danny Crates. I was floored by his speech and all the obstacles and triumphs he experienced.

*Sainsbury’s Corporate Away Day*

### **Giles Long MBE**

“Thought provoking, entertaining and extremely well received. Giles’ presentation helped to remind us that we must always challenge our preconceived ideas on what is acceptable and what is achievable. I would recommend that any organisation which is seriously committed to empowering, motivating and inspiring all their employees, should take the opportunity of listening to Giles.”

*Chris Winter, Treasury Services Operations Manager, JP Morgan*

### **Kate Allenby MBE**

“Kate comes highly recommended; she put together a unique and truly inspirational day that our clients enjoyed immensely. Her own Olympic story is truly inspirational. Subsequently, we received the best feedback we have ever had.”

*Andrew Connors, Area Director, Lloyds Bank Corporate Markets*

### **Sarah Winkless**

“Sarah’s her ability to understand and communicate the needs of our business has enabled us to quickly energise people from different directorates around a common purpose or goal. Her experience as an elite athlete gives her a compelling story to tell - one which nicely illustrates some of the many similarities between the worlds of sport and business.”

*Matthew Ward, O2*