



# Sally Gunnell OBE

Legendary European, World, Commonwealth & Olympic  
Champion Athlete & Broadcaster



## CSA CELEBRITY SPEAKERS

Sally Gunnell OBE holds a place in the hearts of the nation as one of the most popular female sportswomen of our times, and our most successful. She is the only woman to hold four titles concurrently - Olympic, World, European and Commonwealth. She has recently signed a long-term agreement with Crown Sports, the largest developing group of health and fitness clubs in the UK, to produce a series of publications focusing on the subject of well-being.

**"Britain's First Lady of Sport"**

### In detail

Since her retirement from athletics in 1997 Sally has developed into one of the countries leading spokeswomen on the health and fitness industry. In 1999 she fronted Channel 4's athletics coverage and has since become an integral part of the BBC's broadcasting team. She remains one of the most personable and approachable 'superstars' who has not let her success change either her values or down to earth approach to life.

### What she offers you

For a number of years now Sally has been motivating audiences from a wide range of organisations at meetings, seminars and conferences around the globe. She works closely with clients tailoring her speeches to their individual needs and uses team work, visualisation and goal setting to help impart key messages.

### How she presents

The UK's leading voice in bringing health and fitness to a wider audience, Sally is an established motivational and after dinner speaker with a relaxed yet experienced style that is also perfect for awards hosting. Friendly, approachable and humble, she speaks candidly to her audiences, sharing her experiences and knowledge about getting the best from oneself.

### Languages

She presents in English.

### Want to know more?

Give us a call or send us an e-mail to find out exactly what she could bring to your event.

### How to book her?

Simply phone, fax or e-mail us.



[watch video](#)

## Publications

### 2002

Be Your Best: Pregnancy

Be Your Best: How Any One Can Became Fit, Healthy and Confident

### 2001

Be Your Best: 8 Ways to Build Confidence, Lose Weight, Beat Stress and Get Fit

### 1995

Running Tall (with Christopher Priest)

## Topics

Setting Goals for Success

Achievement

Inspirational

Motivational

Sports and Business

Success

Leadership

Healthy Living

Nature or Nurture?

Work / Life Balance