



Sally Gunnell OBE DL

Olympic Gold Medalist & Broadcaster



CSA Celebrity Speakers Ltd

Sally Gunnell OBE is one of the most popular and successful female sportswomen of our times. She is the only woman ever to hold four titles concurrently - Olympic, World, European and Commonwealth. Since retiring Sally now mixes motivational speaking with running corporate well-being programmes.

"Britain's First Lady of Sport"

In detail

Since her retirement from athletics in 1997 Sally has developed into one of the country's 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

Sally effortlessly weaves the secrets of sporting achievement with the valuable components that underpin success in business. Her key themes hold resonance for senior decision-makers and junior staff alike.

How she presents

The UK's leading voice in bringing health and fitness to a wider audience. Sally's natural, easy-going style belies her relentless focus on achieving and sustaining excellence. Friendly, approachable and humble, she speaks candidly to her audiences, sharing her experiences and knowledge about getting the best from oneself.

Topics

Sustaining Excellence - The 2013 Factor
The New Performance Peak - Reaching and Surpassing It
Dealing with Setbacks
Developing a Strong Mental Approach
Setting Goals for Success
Achievement
Sports and Business
Work / Life Balance

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)