



# Sally Gunnell OBE DL

**Olympic Gold Medalist & Broadcaster**

*"Britain's First Lady of Sport"*

Sally Gunnell OBE is one of Britain's greatest ever track athlete. Sally was the first woman in history to hold all four international gold medals at the same time - Olympic, World, Commonwealth and European, a record she held for over 20 years. Since retirement, Sally has developed new career paths as a television presenter, keynote speaker and wellbeing advocate.

## TOPICS:

- Change Management
- Overcoming Adversity
- The Space Between Talent and Performance - Mental Attitude
- Leadership
- Teamwork
- Synergy - Surrounding Yourself with Talent
- Importance of Wellbeing

## LANGUAGES:

She presents in English.

## 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)

## IN DETAIL:

Sally became part of the BBC Sport team and was a regular fixture on Athletics programmes, interviewing athletes on the finish line and bringing the trackside atmosphere into millions of living rooms across the UK. She has appeared in numerous TV shows and is a regular on the Breakfast News sofas and conducts hundreds of radio interviews each year. Today, Sally's mission is to promote health and wellbeing for everybody in the UK. Her corporate work, helping companies to bring health and wellbeing into the workplace, confirms her formidable reputation as an influencer at the highest levels of business.

## WHAT SHE OFFERS YOU:

Expertise, mentality, resilience; three factors that shaped Sally's career. With them she hit some incredible highs and recovered from some devastating lows. There are many similarities between high performance in the worlds of sport, business, and life.

## HOW SHE PRESENTS:

Sally's motivational keynote speaking provides insights, tips, and tools that listeners can take away and apply in order to make a real change to their life.