



## Ellie Simmonds OBE

**Former Paralympic Swimmer**

*"Britain's Golden Girl"*

Eleanor 'Ellie' Simmonds OBE is a four-time Paralympic Champion and a truly outstanding athlete having set new world records and accumulated 25 Gold medals in her professional career.

### TOPICS:

- Drive and Determination
- Overcoming Adversity
- Dealing With Pressure
- Olympic Swimming
- Performing In Competitions
- Peak Performance

### LANGUAGES:

She presents in English.

### IN DETAIL:

At the age of 13, Ellie burst into the spotlight by clinching two gold medals at the 2008 Summer Paralympic Games in Beijing, a feat that earned her the prestigious BBC Young Sports Personality of the Year award. In 2012, she repeated her success by securing another two gold medals at the London Paralympic Games, including setting a new world record in the 400m freestyle, a remarkable achievement in her home country. During her final Paralympic Games, Ellie continued to shatter barriers by setting yet another world record in the 200m medley, capping off her illustrious career with a gold medal at the 2016 Rio Paralympic Games. Recognised for her exceptional prowess, Ellie made history as the youngest recipient of an MBE in 2009 at the age of 14, later elevated to an OBE in 2013 for her contributions to Paralympic sport.

### WHAT SHE OFFERS YOU:

Ellie is highly inspirational. Despite facing the challenges of achondroplasia, her remarkable resilience and determination have propelled her to elite status as a swimmer. Beyond her athletic achievements, she thrives as a motivational speaker, imparting valuable tips, techniques, and personal anecdotes from her journey as a Paralympic athlete.

### HOW SHE PRESENTS:

Her bubbly character and sheer determination to win captured the hearts and imagination of the world when she achieved her life's dream of Olympic Gold.