

Dame Kelly Holmes DBE, MBE

Double Olympic Gold Medal Winning Athlete

"The Olympic champion who turned resilience into a life lesson."

Dame Kelly Holmes MBE is a double Olympic champion, former British Army Sergeant and one of the UK's most inspirational sporting icons. Now an internationally sought-after Speaker, Kelly draws on an extraordinary career in elite sport, the military and public life to deliver powerful insights into high performance, resilience, mental health, inclusion and achieving your potential.

TOPICS:

- Motivation and Inspiration
- Mental Health in the Workplace
- Performance, Resilience and Overcoming Adversity
- Leadership
- Goal Setting and High Performing Teams
- Health, Wellbeing and Nutrition
- Sports and Peak Performance
- Women's Empowerment

LANGUAGES:

She presents in English.

PUBLICATIONS:

2011	Just Go for It
2008	Kelly Holmes
2005	Black, White and Gold (Autobiography)
2004	My Olympic Ten Days

IN DETAIL:

Dame Kelly Holmes made history at the Athens 2004 Olympic Games, becoming the first British woman to win two athletics gold medals at the same Games, triumphing in the 800m and 1500m. Her career was built on persistence, overcoming injury and setbacks, and maintaining belief through years of preparation before reaching the pinnacle of international sport. Since retiring from athletics, Kelly has developed a highly successful career as a Speaker, broadcaster, author, mentor and advocate for mental and physical wellbeing. She is a trained Mental Health First Aider and regularly addresses audiences on resilience, high performance, diversity and inclusion, women's empowerment and workplace wellbeing. Her experience of elite sport and the British Army gives her Speaker content an unusual combination of discipline, determination and emotional honesty.

WHAT SHE OFFERS YOU:

Kelly brings audiences the mindset of an Olympic champion together with honest lessons from a remarkable life and career. As a Speaker, she explores how resilience, confidence, mental wellbeing and determination can unlock individual and organisational potential.

HOW SHE PRESENTS:

Warm, energetic and authentic, Kelly is a natural Speaker who combines powerful storytelling with practical insight.