



## Marc Woods

### Gold Medal-winning Former Paralympic Swimmer

*"Marc's ability to overcome adversity & triumph in so many diverse areas is an example to us all" Sarah, the Duchess of York*

Marc Woods' had his left leg amputated due to cancer when he was just seventeen years old, however just 18 months after he finished his chemotherapy he was selected to represent Great Britain's swimming team at the Seoul Paralympics. Now retired from international swimming he regularly commentates for the BBC.

#### TOPICS:

- Path to Gold
- Personal Responsibility
- Motivation
- Overcoming Adversity
- Peak Performance
- Goal Setting
- Focus and Determination: A Winning Combination
- Teamwork
- Leadership
- Communication Skills

#### LANGUAGES:

He presents in English.

#### PUBLICATIONS:

- 2006** Personal Best: 10 lessons to help you achieve your true potential

#### IN DETAIL:

Marc's dream was to simply be the best that he could be and he has competed at European & World Championships and Paralympic Games. In his 17 years of competition he won a staggering 12 Paralympic medals from 5 Games, 4 of those medals being gold. Marc also won a further 21 medals from European and World Championships. Since retiring from competitive swimming Marc has embarked on a series of new challenges and is passionate about delivering his message to businesses all over the world. He became a 2012 Ambassador, commentator and author.

#### WHAT HE OFFERS YOU:

A real life role model, Marc Woods' experiences taught him to approach life in a different way and in his presentations he takes audiences on a remarkable journey, inspiring each person to do the very best in every dimension of their lives. He has a remarkable story packed with anecdotes and insights and is an absolute inspiration, providing a combination of his inspirational life story and personal development advice.

#### HOW HE PRESENTS:

Fresh, original and vibrant, Marc speaks with great honesty, compassion and humility. With thrilling footage, a terrific sense of humour and a complete lack of sentimentality, he demonstrates his passion for life and shows what can happen when we learn to focus on those things which are under our control.