Tim Foster MBE

Olympic Coach & Olympic Gold Medal Winning Rower

"Tim Foster is one of the UK's most determined and dedicated athletes"

Tim Foster gained widespread recognition as a British Olympic rower. His pivotal role in the coxless four's triumphant Gold win at the 2000 Sydney Games made him a household name. After retiring from international rowing, he transitioned into a highly successful elite coach, inspiring and empowering a new generation of aspiring sportspeople with his unwavering determination and impeccable technique.

TOPICS:

- Teamwork
- Leadership
- Motivation
- Achieving Peak Performance
- Goal Setting and Achieving
- The Long Road to Success
- Coping with Adversity
- The Olympic Spirit
- Nurturing Talent

LANGUAGES:

He presents in English.

PUBLICATIONS:

2004 Four Men in a Boat

IN DETAIL:

During his rowing career with the GB team, Tim Foster won a total of 9 World Championship and 2 Olympic medals – only twice in 14 years failing to medal. In 2004 he joined the UK Sport-sponsored Elite Coach Programme. In 2007, he became the Head Coach of the Swiss National Rowing Team, which he coached to the World and European Championships, ultimately aiming for the London Olympics 2012, to their most successful results for 16 years. He has coached World and Olympic Champions.

WHAT HE OFFERS YOU:

The quintessential Olympic champion and 5 times Olympian, Tim is a great motivator and using the lessons he learned on the way to achieving his Olympic gold medal as well as now leading the programme, he shows audiences how to achieve their own goals and sets them on the path to winning ways both on a professional and personal basis.

HOW HE PRESENTS:

Tim is a popular and amicable speaker with a relaxed yet confident presenting style. He uses a great mix of anecdotes and humorous stories to entertain, inspire, and motivate audiences around the world.