



## Dame Kelly Holmes DBE, MBE

**Double Olympic Gold Medal Winning Athlete**

*"Kelly is an icon of British athletics, a truly inspirational and respected figure in the sporting world"*

Double Olympic Champion Col. Dame Kelly Holmes MBE (Mil) is one of the UK's most beloved athletes, widely respected globally as a role model and source of inspiration. Kelly holds the British records for the 800m and 1000m and is an Olympic, Commonwealth, and European champion. Throughout her career, she has amassed seven Gold, eight Silver, and four Bronze medals.

### 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:

- 2024** Podcast: What Do I Do? Mental Health and Melt
- 2005** Black, White and Gold (Autobiography)

### IN DETAIL:

In recognition of her decorated career, Kelly was appointed DBE and was made an Honorary Colonel of the Royal Armoured Corps. She has also claimed BBC Sports Personality of the Year 2004 and the Laureus World Sports Award for Sportswoman of the Year 2005. In 2010, Kelly was inducted into the England Athletics Hall of Fame, honouring such a decorated and influential career she has led. In 2022, Kelly made headlines when she announced that she was gay in an interview with the Sunday Mirror. Since then, Kelly has used her prominence as a former athlete to advocate for increased awareness and support of the LGBT+ community.

### WHAT SHE OFFERS YOU:

Kelly's dynamic speeches, grounded in her exceptional accomplishments as a double Olympic champion, epitomise focus, self-belief, drive, determination, and success. Kelly specialises in mental health talks, particularly emphasising mental well-being in the workplace. Drawing from her personal experiences with depression and her Mental Health First Aid training, she offers valuable insights and practical advice.

### HOW SHE PRESENTS:

Kelly's innovative style is meticulously crafted to suit the unique needs of every client, actively collaborating with them to ensure the realisation of their goals and objectives during strategy meetings, seminars, and conferences.