



## Rebecca Adlington OBE

**Former Olympic Swimmer**

*"Rebecca is an inspirational figure for women everywhere"*

Rebecca Adlington is Great Britain's most successful female swimmer. She became a household name following her two-gold medal winning performances at the Beijing Games in August 2008 and her unique blend of charisma and charm allied to her dedication and professionalism in the pool has made her a global superstar, and a role model for female athletes around the world.

### TOPICS:

- Mental Resilience
- Women In Business
- Motivation
- After Dinner
- Olympics
- Teamwork

### LANGUAGES:

She presents in English.

### IN DETAIL:

Becky's drive and thirst for success meant that she won a medal in each of the Olympic finals she swam. A four-time Olympic medallist in the 400m and 800m Freestyle, she won two Gold medals in Beijing 2008 and two Bronze medals in London 2012. Becky is an ambassador of the Encephalitis Society, a national charity, and the only resource of its kind in the world supporting people affected by the illness. In 2016, Becky became a Patron of Women in Sport to help support the charity's work in transforming sport for the benefit of every woman and girl in the UK. Becky announced her retirement from elite swimming in 2013 and has since undertaken numerous roles in swimming commentary and punditry.

### WHAT SHE OFFERS YOU:

Becky talks about motivation and dedication as well as how teamwork is fundamental in achieving success in anything. Becky talks about recognising what is truly important, focusing on wellbeing and how to find mental resilience when there are so many uncontrollable factors. In addition to speaking of her earlier sporting experiences, Becky also draws on her learnings as a business owner and how she has dealt with change.

### HOW SHE PRESENTS:

An experienced speaker at conferences the world over, her thought-provoking speeches promise to inform and inspire, leaving attendees with a deeper understanding of these critical issues.