



Sharron Davies MBE

Olympian, Broadcaster, and Health Advocate

"One of the UK's most popular sportswomen & presenters"

Sharron Davies MBE is a distinguished former competitive swimmer, television presenter, and health and fitness advocate who occupies a unique position in British life. In an age of increasingly fleeting fame and notoriety, she has been one of the UK's best known and most popular sportswomen since bursting onto the scene as a 13-year-old Olympian in 1976.

TOPICS:

- Achieving Peak Performance: Lessons from an Olympian
- Goal Setting
- Teamwork and Support
- Confidence in Performance
- Health and Wellness: A Lifetime Commitment
- Empowering Women in Sports and Beyond

LANGUAGES:

She presents in English.

PUBLICATIONS:

2023 Unfair Play

IN DETAIL:

Twice honoured as the British Press Sportswoman of the Year, Sharron has had an extraordinary international career spanning three decades. Since retiring from competitive swimming, she has become a familiar face on television and in the press. As a key member of BBC Television's commentating and presenting team, she has covered major events, including the Seoul, Atlanta, Sydney, Athens, and Beijing Olympics. Sharron has also showcased her versatility as a presenter on TV's "The Big Breakfast," been the subject of a Channel 4 documentary, and co-hosted "Superstars." Her prominence extends to magazine covers and her written contributions to publications such as Total Sport, Cosmopolitan, and The Independent.

WHAT SHE OFFERS YOU:

Sharron has known triumph and adversity in her personal life and in a sporting context and knows what it takes to operate at the highest level, to prioritise, multi-task, overcome obstacles and attain success.

HOW SHE PRESENTS:

Well used to the pressures of live television, the familiar face of UK sport Sharron is a relaxed and professional presenter with a wealth of anecdotes guaranteed to entertain and inspire audiences from all fields.