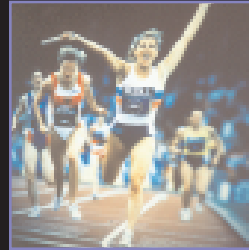


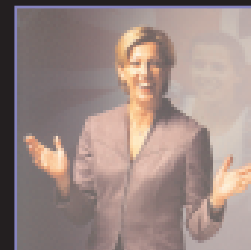
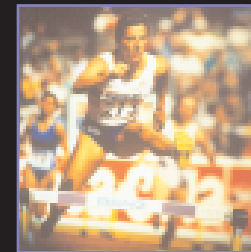
S A L L Y G U N N E L L



INSPIRE

STIMULATE

MOTIVATE



SALLY GUNNELL O.B.E.

Sally holds a place in the hearts of the nation as the most popular female sports-women of our times, and our most successful. She is the only woman to hold four titles concurrently - Olympic, World, European and Commonwealth.

The motivation, the dedication and belief that Sally had to achieve to win all her gold medals has been used to inspire audiences from many organisations around the country.

As the British Woman's Team Captain for a number of years she led by example with her leadership qualities



"Sally, your talk has had a tremendous effect on the thousands of delegates who attended our conference. You were so relatable and you have inspired them to focus on their objectives and persist until they win. Thank you!!"

Jerry Scriven
Business Development
Consultant International
Business System

'We have received nothing but praise for the day which was a resounding success. Everybody who I have spoken to found your talk extremely motivating and entertaining.'

*Sally Davies Mayer Brown
Rowe & Maw*

'Sally gave an inspiring presentation and the CSO team left the meeting feeling very motivated. It was valuable seeing how Sally related her experiences to the every day challenges in the workplace.'

Rachael French
Communications Manager, IBM
Customer Support Operations

'We were looking for a speaker who could inspire attendees at a conference, the main theme for which was: winning in the new environment. Sally did a great job in this capacity, as a living example and through the key messages in her speech. All in all, a great success!'

Brian Freidman Ernst & Young



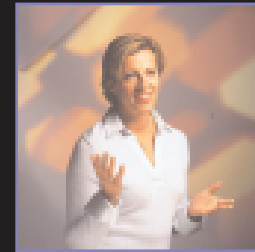
TEAMWORK

Sally's career on and off the track provides a unique insight into achieving a balance in life and proven recipes for success and fulfilment.

During her career she adopted key principles and routines with her 'team' that delivered the results most people can only dream of.

Now her off-track career has seen her bring this knowledge to motivate individuals and teams to get the very best out of themselves.

to stay at the top. She talks on how to deal with her own as well as other peoples expectations and the importance of building the right team around you to enable you to be successful.



PRESENTATION

Sally's presentation is unique to her. After achieving her ultimate goal - an Olympic Gold Medal - she managed to reset her sights and step up to an even higher level the following year to win the World Title whilst breaking the World Record. Within her presentation she talks about the pressures of being successful and the ability to keep herself motivated

MEDIA PROFILE

Since her retirement from athletics Sally has written extensively on health and fitness subjects for the national press.

She has featured on many TV and Radio Programmes for both Independent Television and the BBC.

Sally has published four books on motivation, health and fitness



CONTACT

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MOTIVATIONAL SPEAKING