



Dame Kelly Holmes
Motivational Speaker,
Gold Medallist
2020 Gala Dinner Compère

Dame Kelly Holmes is an outstanding motivational and after dinner speaker, and shares how she overcame adversity to achieve her lifelong dream and win Olympic Gold.

Double Olympic Champion Dame Kelly Holmes is one of the UK's most famous athletes, respected throughout the world as a role model and an inspiration.

Setting and holding the British records in the 600m, 800m and 1000m, Dame Kelly Holmes is an Olympic, Commonwealth and European champion that has achieved seven Gold, eight Silver and four Bronze medals throughout her career. This includes her double win in the 800m and 1500m at the 2004 Olympic Games in Athens, becoming the first Briton in over 80 years to do so. After her Olympic success, she won BBC Sports Personality of the Year, European Athlete of the Year and was honoured with a Damehood from the Queen.

However, before Dame Kelly started winning gold medals, her career was overshadowed by injury and disappointment. She draws on how she found the determination and dedication to overcome this in her talks, and she emphasises that we can all overcome our hardships, especially in the workplace, just as she did.

She uses vital information from her life as a physical training instructor in the British Army, as well as her athletics career and role as The National School Sport Champion, to bring about effective team building sessions that are motivational, empowering and highlight the importance of sport and making sure you look after yourself.



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