



ANNA HEMMINGS
MBE, OLY

6 x World Champion
2 x Olympian

High Performance Specialist
Inspirational Speaker &
Leadership Coach

Anna Hemmings is a leading authority on sustained high performance. She helps leaders and teams achieve excellence, and maintain it, through a fusion of proven elite sport strategies and behavioural science. Drawing on her background as a 6 x World Champion and 2 x Olympian, she delivers practical business-ready tools that drive instant change.


THE SUNDAY TIMES
SPORTSWOMEN
2005 Champions Award

BBC London
2007 BBC London Sports
Personality of the Year

THE POWER OF MINDSET

Anna's journey is a masterclass in resilience. After being told by the British head coach that she wasn't big enough or strong enough to reach the top, she became a 3 time World Champion and Olympian by age 24. At the peak of her career, Anna was diagnosed with Chronic Fatigue Syndrome. Medical experts told her she might never race again. She battled her way to full recovery and to win 3 more world titles and compete at her second Olympic Games in Beijing 2008. She retired with a staggering 11 World and European Championship medals - 9 of them gold, becoming Britain's most successful female kayaker and earning her an MBE for her services to sport.

HIGH PERFORMANCE SPECIALIST

Since retiring from sport, Anna has specialized in helping leaders and teams build the mindset, habits and culture needed to thrive and stay at the top of their game. She's an accredited Leadership Coach and founded Beyond the Barriers training consultancy, designing and delivering programmes on resilience, leadership and high-performing teams for organisations worldwide.

Her expertise sits at the intersection of elite sports performance and corporate reality. With 15 years of experience working closely with senior leaders she understands the intensity of the corporate environment: stretch targets, constant change, limited resources under relentless pressure. She brings the discipline and mindset of world-class sport together with actionable tools to drive sustained excellence.

SPEAKING

With 18 years of speaking experience across more than 40 countries and multiple industries, Anna is more than an entertaining storyteller.

She delivers energising and high impact keynotes that go beyond inspiring insights from elite sport. She connects world-class performance principles directly to the challenges her audiences face, providing practical frameworks to navigate constant change and high pressure targets. Clients consistently praise her warmth, authenticity and ability to shift both mindset and capability in the room.

Anna's collaborative approach ensures a seamless experience for event planners and an unforgettable one for attendees. Beyond thought-provoking keynotes, she offers podcasts and firesides chats as well as breakout sessions, follow up workshops and leadership and team development training to embed learning and maximise impact.

MOST SOUGHT AFTER SPEECHES

The Competitive Edge – mindset, discipline and behaviours that drive sustainable high performance

Resilience in the Face of Adversity – equipping you with the skills and tools to navigate challenges and emerge stronger

Building World Class Teams – cultivating collaboration, trust, a focus on collective results and a culture of high performance



"I've had the privilege of working with many speakers and Anna's was one of the best. Her compelling story was enthralling, engaging, funny, and, most importantly, relatable to our entire audience across 90 countries. The way she connected the winning mindset to both our culture and performance was seamless."

GARRETT DIBON-SMITH,
People and Organisation Business Partner,
Novartis

"Anna's speech was the highlight of the conference. Her storytelling was compelling and her authenticity really drew the audience in. Her material is something that we are using to help build on post conference with some very clear and tangible actions leaders can take for themselves and their teams to enable high performance."

SAMANTHA EVANS
Senior People Partner,
Civil Aerospace Rolls-Royce

Get in touch if you would like to check Anna's availability or know more about how Anna might be able to work with you.

[BOOKING ENQUIRY](#)