



Sally Gunnell

Motivational Speaker
Presenter
Corporate Wellbeing Ambassador



Sally Gunnell is one of the nation's favourite female sports stars and remains the only woman ever to hold all four major track titles (Olympic, World, Commonwealth, European) concurrently.

Her journey from a rural Essex farm to Olympic Gold in Barcelona's 400m hurdles continues to capture the UK's imagination. World record track performances have given way to a successful business career: Sally is an established motivational speaker, healthy living ambassador and television personality.

Sally is a regular guest on shows across the major media networks and has enjoyed a varied and successful TV career. Much of her work has been in sport, but her primary focus now is on health and wellbeing in the workplace. She runs a successful consultancy business helping companies tackle health, wellness and CSR issues.

A working mum of three who doesn't believe in faddy diets or weird exercises but in good, old-fashioned, fun activity, Sally believes that it doesn't matter what you do, just do something! Sally was a board member at **Sport England** and involved in their **#thisgirlcan** campaign.

Companies all over the UK have benefited from Sally's motivational speaking. She offers inspiration and game-changing advice to businesses, drawing on her sporting highs and lows to bring the learning to life. Her relaxed, easy-going manner engages people at all levels. Key themes include:

- Setting goals for success
- Dealing with setbacks
- Sustaining excellence
- Healthy living at work and at home

Visit Sally's Testimonials page to see just how highly her clients rate her:

<http://www.sallygunnell.com/MotivationalSpeaking/Testimonials.aspx>

Sally Gunnell's Healthy Living initiative offers advice and support to people and organisations all over the UK. Her Workplace Wellbeing programme brings measurable benefits to employers and their staff, through bespoke solutions that meet health, wellness and CSR issues. Workplace wellbeing programme benefits can be measured through:

- Productivity
- Morale
- Health and welfare
- Corporate community and social programmes

Learn more at: <http://www.sallygunnell.com/WorkplaceWellbeing.aspx>

For more information:

Yellow Poppy Media
18 Soho Square
London
W1D 3QL

yellowpoppymedia.com

