



Sally Gunnell OBE

Discover the captivating journey of the only woman to clinch four major track titles. Dive into her relentless pursuit of excellence, both on the track and off, and be inspired by her transformative life lessons.

KEY TOPICS

- Sustaining Excellence
- Creating the qualities of high performance
- Personal Development
- Leaders and Mental Health

BIOGRAPHY

Sally Gunnell - A Symbol of Tenacity and Achievement

[Sally Gunnell](#), fondly remembered as the farmer's girl from Essex, became an emblem of British athletics, capturing the hearts of millions. Her impressive journey from the farmlands to the global sports arena is a tale of grit, determination, and unwavering focus.

An Unparalleled Athletic Legacy

Gunnell stands as the only woman in history to simultaneously hold the four major track titles – Olympic, World, European, and Commonwealth. Such an achievement is not just about talent but about tenacity, resilience, and an unyielding drive to be the best. While her ascent to sports stardom seems meteoric, it wasn't without its challenges. In 1991, a missed chance at the World Championship tested her spirit. However, in a stunning turnaround, she claimed the Olympic Gold in 1992 and set a new world record as the world champion in 1993. Battling injuries, fierce competitors, and a relatively modest support system, Sally's success was predominantly powered by her disciplined mind and intense hard work. As she often states, "Raw talent is no substitute for single-mindedness and hard graft."

Beyond the Tracks: A Voice for Success and Well-being

Post her retirement from international athletics, Gunnell transitioned into an influential keynote speaker and advocate for wellbeing. With over 15 years of addressing diverse corporate audiences, she brings the same fervour and passion to the stage as she did to the tracks. Sally's keynotes don't rely on corporate jargon or complex management models. Instead, she intertwines her sports insights with essential business success components. From global conferences to intimate senior leadership team meetings, her narratives strike a chord, reminding everyone about the fundamentals of sustained excellence.

A Legacy Captured in Words

Sally's rich life experiences aren't just confined to athletic tracks and corporate halls. They've found their way into her written works. With four books under her belt, her most recent, '10 Hurdles for Life', offers a comprehensive look at the elements that have brought success in her sporting, business, and personal life. The book is a testament to the idea that our only real limit is our imagination. Recognising this makes life more enjoyable and less of an uphill struggle. Sally's straightforward, genuine demeanour has garnered her vast admiration. Her approach to life, which emphasises self-belief, resilience, and hard work, serves as an inspiration to many.

A Journey Worth Celebrating

From the hay bales of Essex to the winner's podium at the Barcelona Olympics, Sally Gunnell's journey is a powerful reminder of what's possible with the right mindset and work ethic. For those aiming to achieve, her story stands as both an inspiration and a guide.

Elevate Your Event with Sally Gunnell's Inspiring Journey

Sally Gunnell's narrative transcends the realm of athletics, touching the core of human perseverance and success. If you wish to inspire, motivate, and drive your team or audience towards excellence, consider bringing her story to your event. Sally's experiences, both on and off the field, provide invaluable insights that can reshape perspectives and fuel ambition. Discover the potential of her tale to elevate your next gathering. [Contact](#) us to book Sally Gunnell for your event today.

WHAT PEOPLE SAY

""Sally was extremely natural and engaging which helped our colleagues and clients immediately settle into the event. There was a feeling of familiarity right from the start with Sally but also something very special having a national sporting icon talk to us directly and honestly. The subjects discussed touched diversity, racism, motivation and determination, mental well-being, the Olympics, coming up in sport. Varied and inclusive for all with some nice overlaps into the corporate world. I obviously loved having a special audience for 5 minutes at the start with a sporting heroine from my sprinting days at Loughborough and curly hair chat!""

— Elena Folkes, Director, Strategy & Market Development at Thomson Reuters

""Sally is one of the most inspirational and motivating speakers we've ever had join us on our TechWomen programme, one of BT's key diversity programmes. Throughout the past 12 months, Sally has joined us numerous times on our programme and our TechWomen always love her stories. More recently, Sally created a bespoke session for us around mental fitness which went down a storm. Sally always gets on board with your goals and objectives to make sure your attendees get the most out of their time with her and is an absolute joy to work with!""

— Rachel Brackenbury, Talent Programme Manager at BT

""Sally joined us for our 2021 kickoff meeting and it was the perfect way to start the new year with the team. It was over zoom, of course, but that did not take away one bit. She was so engaging, funny, and extraordinarily inspirational. We're an HR tech company but Sally did a wonderful job of tying her Olympic experience to ours as individuals. We highly recommend having Sally join you for a speech!""

— Amanda Cianni, Project Manager at Apploi