celebrity speakers Presents...

Katrina Webb OAM

Triple Paralympic Gold Medallist, Keynote Speaker and MC

While Katrina Webb has been recognised and acknowledged as one of Australia's top performing Paralympic athletes, her more recent success off the track as a professional speaker and high performance consultant has drawn her equal acclaim.

Katrina Webb is a unique and inspiring speaker whose ideas and experiences challenge and motivate her audiences. Drawing on her own incredible achievements, she has recognised that high performance athletes and business owners share some characteristics: passion, determination and a drive to succeed.

Katrina is in demand by corporate clients worldwide to help improve the performance of their people and has delivered over 500 presentations to over 100,000 people across five different countries.

When Katrina was 18, on a netball scholarship at the Australian Institute of Sport, she discovered that a weakness on her right side was a mild case of Cerebral Palsy. Katrina realised that she was eligible to compete at the Paralympic Games and decided to tackle her disability head on and take on the challenge.

At her first Paralympic Games in Atlanta in 1996, Katrina won a Gold Medal in the 100m and 200m sprint and a Silver medal in the Long Jump. At the Sydney 2000 Paralympic Games Katrina had the honour of being the first torchbearer to enter the Olympic Stadium for the opening ceremony and went on to win Silver in the 100m and 400m sprint and a Bronze Medal in the 200m sprint. At the Paralympics Games in Athens 2004, Katrina won another Gold medal for the 400m sprint and set a new Paralympic Record.

Having learnt how to overcome her disability, love her uniqueness and celebrate her difference, Katrina has the ideal skills to help others to achieve their goals. She has natural positive attitude, a feast for new challenges, excellent people skills and is a person that knows how to achieve gold medal results.

In May 2000, Katrina established Silver2Gold High Performance Solutions which specialises in working with organisations, individuals and teams to achieve high performance outcomes. Bringing the best of sports psychology and business together, organisations are transformed through well researched, high quality and tailored solutions designed to meet their diverse needs.

Clients range from International Blue Chip companies such as ING and Prudential through to local councils, schools and SMEs who believe in the potential of their people.

Katrina's success as an athlete and as a business woman was recognised internationally, when she was one of four athletes selected from around the world to present at the closing ceremony of the United Nations International Year of Sport and Physical Education in New York in 2006.

More recent highlights include being a 2012 International Paralympic Committee Ambassador for the London Paralympic Games and being awarded a scholarship to participate in the 2013 Commonwealth Study Conferences (CSC) – Leaders, in the UK and then Mumbai. During 2013 she also participated in the AIM NSW/QLD great debate and continued her roles as Board member on the Premiers Council for Women and the Crows Foundation, committee member for the new Crows Women of Adelaide and Advisory Committee member for 2030 Adelaide Commonwealth Games bid.

Katrina's hosting engagements included being MC for Sport SA breakfast, Southern Cross Care Awards, Premier's be Active Reception, SA Sports Institute Awards. She also interviewed Alisa Camplin and Bart Bunting at the Premiers Games Appeal Dinner and was a guest speaker at the King William Street Westpac Branch opening in Adelaide and at the launch of Social Inc. for the CP Alliance in Sydney.

Katrina Webb is also an Ambassador for the Advertiser HomeStart Trailblazer Challenge, Minda, Bluearth, GNLD, The Crows Football Club, Premier's Be Active Challenge in SA and the SA Aquatic and Leisure centre.

Katrina is not only one of Australia's leading professional speakers and MCs but her unique skills are also in high demand internationally.

Katrina Webb talks about:

Leadership Alchemy – *aligning purpose, high performance and human potential*
Ideas have been circulating about the gig economy and remote working for the last few years, but no one could have anticipated the impact of COVID-19 in disrupting how and where we work. Working from home also poses new challenges. In an age of rapid change, how do we alchemize performance working with an entirely new set of rules?

In this presentation, participants are taken through a three-phase process enabling them to audit priority management, energy management and mind management. Katrina provides insights and necessary tools that she has developed in her career as both an athlete and a corporate high-performance strategist.

Audiences will walk away from this presentation with insights into how to maintain focus and set healthy boundaries when working independently. They will gain a better understanding of how to manage priorities effectively. They will also decode self-motivation and master the art of self-

leadership in an age where the most significant influence we have is the influence we have over ourselves.

Takeaways

- Tools in high performance
- Master self-leadership

Tomorrow's Gold – *Leading through uncertainty*
The world has changed, and what looked like success yesterday has also undergone a rapid transformation. As a leader, we must adapt and evolve in a brand-new world where the focus is shifting from shareholders to stakeholders, from capitalism to community and from profit to purpose. You may have stood on the winning podium yesterday, but what got you there yesterday won't win you a gold medal tomorrow. The games have changed, and the rules are revolutionary.

In Tomorrow's Gold, Katrina Webb unlocks the key trends that are redefining leadership in the 21st century in addition to providing a blueprint for navigating high performance as a leader in unchartered territory. Adaptability, resilience, empathy and diversity are converging to create a new kind of alchemy. One where community, compassion and collaboration are creating a new currency. A new golden thread to leadership in the next economy.

Audiences will walk away from this presentation with a refreshed perspective on leadership in the 21st century. Despite an uncertain future, those who lead for gold will have an innate focus on what it is to be human, and what it is to care for humankind. The only anchor in a world that is changing before our eyes.

Takeaways

- Leading through uncertainty
- Building hope and resilience
- Decode purpose-driven leadership

The Golden Minority – *Diversity's hidden treasure*
When we think of Diversity and Inclusion, our unconscious bias often leads us to generalised examples. Examples of this include relating disability to a person visibly disabled, or on a cultural level, we may think of racial minorities. It is not often that we consider what we cannot see. The less obvious examples of disability or difference. The person who is suffering a mental health condition, the victim of an abusive situation, or someone who is living with a learning difficulty.

In this presentation, Katrina Webb shares her journey of living with a hidden disability – Cerebral Palsy. The content has a specific focus on viewing diversity as the hidden treasure for an individual both personally and professionally. Katrina will take leaders through a process, empowering them with the tools to decode hidden diversity to ignite innovation via inclusion of what is seen, and more significantly what is unseen.

Audiences will walk away from this presentation with the tools to amplify hidden potential and

performance in people and to inspire a more inclusive and innovative culture. They will develop skills to influence with integrity and to enhance empathy and emotional intelligence. This activates a sense of purpose, adaptability and cohesion within an organisational culture. The Golden Minority is diversity's hidden treasure.

Takeaways

- Enhance inclusion leading to innovation
- Ignite human potential
- Build empathy and emotional intelligence
- Build connection and culture

From Pressure to Performance – *Mastering Wellbeing*
In today's professional landscape, the majority of employees encounter substantial stressors that can impact their overall wellbeing, motivation, productivity, attitude and performance.

'From Pressure to Performance: Mastering Wellbeing' delves into practical and evidence-based strategies for maintaining and enhancing mental and emotional resilience in the face of workplace, industry and client pressures.

Attendees will emerge from this presentation with a personal toolkit to manage stress, maintain mental health, and achieve professional excellence.

Takeaways

- Learn techniques to build mental and emotional resilience while managing the pressures from your team, workplace, industry and clients.
- Build a personal toolkit of strategies and practices for managing stress, enhancing focus, and sustaining peak professional performance.
- Identify strategies for leaders to foster resilient teams, emphasising wellbeing as a key component of team performance and success.

Client testimonials

> What an amazing impact you had at our awards lunch on Friday. Your great stage presence, immaculate timing and perfect perception about the audience connecting your experience to their own, all made for a magnificent presentation! Thank you so much for giving what you did - you made a difference!

- First National Real Estate

> Katrina was one of the highlights from the three-week ING International Graduate Programme.... She immediately captured and engaged the audience. I also appreciated that she wanted to spend time getting to know the group. Her authenticity and genuine concern came through. I would not hesitate in recommending her to others and would definitely

engage her again.

- ING International

" Katrina is a wonderful, warm and genuine person. Her presentation was very motivating and inspiring. She had a great connection with the audience and encouraged participation. She is an amazing woman, a wonderful speaker and her story is one of true inspiration and encouragement

- Safe Work SA

" Katrina delivered inspiration to all those who attended the launch of Small Business Month 2009. Not only did Katrina relate her story to the key messages that the event aimed to deliver, but also provided the audience with several positive messages that they were able to relate to and implement both professionally and personally, especially in challenging times. Katrina is a true professional who is of great value to anyone wanting to inspire and motivate an audience.

- Department of Trade & Economic Development

" The absolute best presenter I went to. I didn't lose interest at all. She captivated the audience. Valuable tips that I can actually complement in my personal and professional life. Wonderful. I loved it. Katrina is an amazing person. Inspirational, excellent speaker and presenter.

- CPA Australia

" Our team were very receptive towards Katrina and eager to listen to her speak. Our team greatly appreciated the opportunity to listen to Katrina's story and advice on leadership and the importance of values. All feedback was positive and enthusiastic.

- Adelaide Shores

" Thank-you so much for your contribution to my branch opening. Your words & presence added to a great night. My team & my customers I spoke with really enjoyed listening to your inspirational words and certainly helps each of us to challenge the way we look at life to achieve success. It would be great to hear more from you, especially around how teams can reach & continue on the path of high performance.

- Westpac Bank

" Thanks for being amazing and delivering a fantastic keynote address, the Cerebral Palsy Alliance are over the moon!

- YSDU

> Thank You Katrina for your presentation to our ANZ SA Senior Managers. The feedback thus far is glowing for your presentation both content-based and visually. The photos gave a great insight to the stories you told and were appreciated by all attendees. From all accounts it is one of the best personal development days that we have had over the years.

- Retail Bank SA/WA, ANZ

> Thanks so much for a wonderful hosting experience!!!! As always, working with you is a delight and the event was a dignified celebration with everyone going home beaming.

- Adelaide Hills Council

VIEW SPEAKER'S BIO ONLINE

VIDEO OF SPEAKER