

## 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:***

#### **Topic 1: 'Running on No Matter What!' - Overcoming obstacles and making it happen**

This motivational and inspiring session focuses on taking responsibility, having a positive mind set and staying motivated when dealing with change and obstacles.

#### **Topic 2: Turning Silver to Gold - Creating a winning performance**

Focus on the three key areas of 1. Sustaining optimal energy levels in the workplace 2. Increasing productivity and effectiveness of individuals and teams, and 3. The power of the mind, overcoming obstacles and learning from the minds of elite athletes, this proactive and informative session will help you discover strategies to create a gold performance time and time again.

#### **Topic 3: Creating a Positive and Healthy Team**



This informative session focuses on providing tools and strategies for achieving healthy and peak performing teams to deliver organisational outcomes.

#### **Topic 4: Living Balance**

To be truly successful, we need to learn the skill of juggling our career, family and personal well-being. This proactive and interactive session will provide strategies to increase energy and efficiency levels without burning the candle at both ends!

#### **Client testimonials**

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“ 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**

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