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Chemmy Alcott

Legendary British Skier, Four-Time Winter Olympian; BBC “Ski Sunday” & Olympic Presenter

Win or Learn: Taking Risks, Pushing Boundaries, and Developing a Growth Mindset. As four-time Olympian skier Chemmy Alcott shares with audiences, without risk, there is no success. Returning to the slopes following a life-changing injury was the biggest risk of all for Alcott — one that paid off as she went on to have a successful 20-year career with Team GB and became a 44-time gold medallist in international events. In this talk, Alcott draws from her own experiences taking risks and using her setbacks to re-route her path to success to demonstrate the importance of stepping out of your comfort zone and pushing past the boundaries we set for ourselves. In an energetic, paradigm-shifting session, she helps audience reframe the “win or lose” way of thinking to a “win or learn” mindset that will help them extract the lessons from their losses and use those lessons to guide them to their next success.

Overcoming the Fear of Failure to Live Your Fullest Life. Think back to a time when fear stopped you from chasing a new goal. Do you wonder how things may have turned out had you moved past those fears? Growing up, Chemmy Alcott’s dream was to make her mark in the world of skiing — a tall order given that few British winter sports athletes before her had tasted success on the world’s stage. Why should she think it would be any different for her? Despite the fears and self-doubt, Alcott pushed on — even refusing to let an accident that led to 50 broken bones derail her on her journey. Alcott reinvigorates the audience towards their goals and passions in this talk as she reflects on the ways she was able to overcome the fear of failure and shares actionable strategies anyone can use to do the same. Alcott explains to audience members why it’s better to fail than not try at all, while opening their eyes to what can be achieved when the desire to succeed overpowers the fear of failure.

Balancing Your Personal and Professional Lives. Things haven’t slowed down for Chemmy Alcott since retiring from her legendary ski career. Between taking on new sporting challenges, serving as a well-loved sport commentator, acting as an ambassador for various charities, and raising her two young boys, life continues to move fast and furiously. Yet, somehow, she’s able to balance it all. In this talk, Alcott shares practical steps anyone can implement to create harmony in all areas of their life, while reminding audience members that it’s impossible to be everything to everyone at once.

Behind the Scenes at the Olympics with Chemmy Alcott. An enthusiastic and engaging presence on television screens and on stage, Chemmy Alcott takes audiences behind the scenes of her journey to competing in four Winter Olympic Games and shares never-before-heard stories of what it’s like to compete on the world’s biggest stage with all eyes on you. Her story of recovering from a disastrous ski accident to become one of Britain’s greatest-ever skiers and pave the way for the next generation of winter sports athletes is inspiring, and the lessons she shares will empower audience

members to push the boundaries and pursue their goals at full speed.