Tanni Grey-Thompson

Paralympic Icon, Campaigner and Parliamentarian

Elite Performance and Mental Resilience Lessons from a record-breaking Paralympic career on determination, discipline, goal setting, and performing under pressure.

Leadership and Creating Lasting Impact Insights from sport, politics, and public service on influencing change, leading with purpose, and making a difference beyond personal success.

Diversity, Inclusion and Accessibility A compelling discussion on breaking down barriers, improving representation, and creating more inclusive environments across society and the workplace.

Life Beyond Sport and Reinvention How to successfully transition into new challenges and opportunities, using adaptability and resilience to thrive in different stages of life and career.