Katie Ledecky

Most Decorated U.S. Female Olympian, 14x Olympic Medalist, 23x World Champion Swimmer, 17x World Record Breaker

Take the Lead, Keep the Lead. “Take the lead, keep the lead” was the phrase that decorated Olympian Katie Ledecky’s grandfather used to say to motivate her mother during her own days as a swimmer. It’s a mindset Ledecky’s mother passed on to her, and one that has inspired her performances in her best races. As personable and relatable as she is focused on achieving her goals, Ledecky discusses how audience members can instill this same “take the lead, keep the lead” mindset, while providing actionable steps they can use to find their own inspirational viewpoints and demonstrating how happiness is often the result of hard work.

Going for the Gold. Knowing she’d have to perform remarkably to beat out the world’s best swimmers and win the 800-meter freestyle at the 2012 Olympics, 15-year-old Katie Ledecky made the most important pivot of her life. As Ledecky takes the audience behind the scenes at her first Olympics games, she reveals the importance of being willing to adapt your game plan to win big and why having confidence in your ability is more important than the expected outcome. In this talk, Ledecky shares her gripping story of going against her coach’s race strategy to win her first Olympic gold medal. Adapting her lessons from the pool for the workplace, she provides her Olympian-level perspective on how to inspire high performance for teams and individuals in any field, as well as tips for recognizing when it’s necessary to pivot in order to be successful.

Set Goals. Achieve. Repeat. Olympian and World Champion Swimmer Katie Ledecky leads this objective-focused discussion as she shares her unique strategy for tracking and achieving her goals. Each of Ledecky’s record-breaking performances have begun with her setting target “Want Times” to beat before every race and revisiting them afterward to see if she was successful. It’s a methodology she’s used throughout her legendary swim career and one that is easily applicable to any profession. In this talk, Ledecky shares how goal setting is the foundation for peak performance while outlining how the “Want Goal” method can be implemented by organizations of any size in any industry. Ledecky’s insights will inspire audience members to plan and track their goals with intent, visualize achievement, and then re-set goals to create continued challenges for themselves.

Peak Performance Starts with Discipline. In order to be an elite swimmer, Olympic champion Katie Ledecky knew from an early age that she would have to show elite discipline while balancing her Olympic ambitions with school and her personal life. In this talk, Ledecky shares examples and strategies from her legendary career on the vital roles discipline and balance play when it comes to achieving peak performance as an individual and team. In doing so, she uncovers many of the overlooked aspects of high achievement, highlighting that how you train outside of the pool — or workplace — is just as important as how you train inside of it.

I’ve Got Your Back: Support Fuels Success. Although swimming is considered an individual sport where you control your own destiny, 14-time Olympic medalist Katie Ledecky says she wouldn’t have made it to the Games in London, Rio, or Tokyo without the unrelenting support of her friends, family, teammates, and coaches who had her back and fueled her medal-winning, record-breaking performances. Open and honest with her audience, she draws from her experiences pushing past adversity on her journey to becoming an Olympic champion to share best practices for building strong support systems that spark high performance, improve communication, elevate morale, and energize teams and individuals as they work toward achieving their goals.

Education is the Key to Victory. Growing up, legendary swimmer Katie Ledecky didn’t dream of becoming an Olympian – education was always her priority. Today, she is using her powerful platform to become a champion for STEM and leadership education across the country. In this presentation, Ledecky shares the role that education has played in her life and why, as an Olympian, it has been vital to achieving her goals. She explains to audiences how, no matter their goals — whether in athletics, business, or another field — having a strong educational foundation and the right amount of balance is what provides the competitive edge for anyone working toward success.