Martine Wright

7/7 Survivor, Paralympic Athlete, Inspiration and Motivational Speaker

Resilience Through Adversity How to overcome life-changing challenges, rebuild confidence, and develop the mindset needed to move forward after trauma.

Embracing Change and New Possibilities A powerful perspective on adapting to unexpected circumstances and turning setbacks into opportunities for growth and achievement.

Leadership and Teamwork Lessons learned from captaining the British Paralympic Sitting Volleyball team, including communication, trust, and performing under pressure.

Motivation, Mindset and Mental Strength Practical insights into staying positive, setting goals, and maintaining determination through difficult and uncertain times.