

Anna Wardley

Keynote speaker | Record-setting endurance swimmer
Award-winning charity fundraiser

Anna Wardley is a global inspirational speaker, record-setting endurance swimmer and award-winning charity fundraiser. Anna inspires audiences around the world by sharing her story of how she overcame adversity and the fear of failure to be able to maximise her potential.

Presenting both in-person and remotely, Anna delivers valuable insight and provides practical tips and advice, inspiring motivation along with a huge dose of positivity.

Each speech is tailored to the specific audience, and Anna takes pride in meeting the objectives of her clients and exceeding expectations.

Anna inspires audiences with her journey from an occasional pool swimmer to an ultra distance record-setter who has tested the limits of human endurance and raised significant funds for causes close to her heart in the process.

Anna's dad took his own life when she was nine years old, a profound loss which fuelled her mission to improve the support for other children left behind and achieve great things.

In 2019 she was awarded a Churchill Fellowship to carry out international research to improve support for children after the loss of a parent to suicide.

Through her swimming, speaking and campaigning, she shares powerful messages of resilience, overcoming adversity and hope.



"Anna is an inspiring person who has incredible willpower. She really is quite extraordinary and it's rare to meet a person who is so focused, so driven and so able."

Dame Ellen MacArthur,
Record-setting solo round the world
yachtswoman

"Anna has amazing inner strength and determination."

Davina McCall,
British television presenter

"Anna's message that you can achieve anything if you set your mind on it has a powerful impact. She is an inspiring role model and delivers with passion, energy and humour."

Trevor McDermott,
National Citizen Service

Anna's keynotes include the following themes:

How to find your inner strength and maximise your potential

- Facing challenges like an endurance athlete: Build resilience and a positive mindset
- Reframing failure: learn from your unsuccessful attempts
- Overcoming fear: how to transcend your fear and smash your goals

Promoting wellbeing and positive mental health

- Focus on wellbeing to unlock potential and performance
- How to start vital conversations about mental health safely
- Create healthy routines to cope with adversity and boost wellbeing

Living a purpose-driven life

- Learning from lockdowns: creating a successful social enterprise in a pandemic
- Travel to learn, return to inspire: how international Churchill Fellowship research is helping to combat stigma and drive meaningful change
- Turning the tide: harnessing a traumatic childhood to create lasting change



Contact

Email: jo.ashman@annawardley.com

Visit: annawardley.com