



KATRINA WEBB



Katrina Webb is recognised and acknowledged for her unique athleticism and outstanding success as a Paralympic athlete.

When Katrina was 18, on a netball scholarship at the Australian Institute of Sport, she discovered that a weakness on her right side was a mild case of Cerebral Palsy. Something she had known since birth, but because she was not sure what it was and is not obvious, she found it easier to hide.

With the discovery of her CP, Katrina realized that she was eligible to compete at the Paralympic Games. A difficult decision to make, Katrina decided to tackle her disability head on and take on the challenge.

At her first Paralympic Games in Atlanta in 1996, Katrina won a **Gold** Medal in the 100m and 200m sprint and a **Silver** medal in the Long Jump. At the Sydney 2000 Paralympic Games Katrina had the honour of being the first torchbearer to enter the Olympic Stadium for the opening ceremony and went on to win Silver in the 100m and 400m sprint and a **Bronze** Medal in the 200m sprint.

At the Athens Paralympic Games in 2004, Katrina won another **Gold** medal for the 400m sprint and set a new Paralympic Record. Katrina's success on the track has made her one of Australia's top performing Paralympic athletes.

Now one of Katrina's biggest rewards in her life has been to learn how to overcome her disability, love her uniqueness and celebrate her difference. With her natural positive attitude, a feast for new challenges and excellent people skills, off the track Katrina is the Director of her own business Kwik Kat Enterprises. As a qualified physiotherapist and a person that knows how to achieve gold medal results more than once, her business specializes in '**Turning silver to Gold**' and improving the performance and health of organizations, teams and individuals through keynote speaking, team building events and corporate health and wellbeing programs.

Katrina's success as an athlete and as a business woman has been recognised internationally, when she was one of four athletes selected from around the world to present at the closing ceremony of the United Nations International Year of Sport and Physical Education in New York in 2006.

KATRINA PROVIDES THE FOLLOWING SERVICES:

Katrina Webb is a unique and inspiring speaker whose ideas and experiences challenge and motivate her audiences. She has delivered over 500 presentations to over 100,000 in four different countries.

Katrina thoroughly researches and tailors each speaking engagement to ensure your key objectives are met for your conference, workshop or meeting.

SPEAKING TOPICS:

Topic 1: 'Running on No Matter What!' - Overcoming obstacles and making it happen.

This motivational and inspiring session focuses on taking responsibility, having a positive mind set and staying motivated when dealing with change and obstacles.

Topic 2: Turning Silver to Gold - Creating a winning performance

Tired of being pipped at the post? This proactive and informative session will help you discover strategies to create a gold performance time and time again.'

Topic 3: Creating a Positive and Healthy Team

This informative session focuses on providing tools and strategies for achieving healthy and peak performing teams to deliver organisational outcomes.

Topic 4: Living Balance

To be truly successful, we need to learn the skill of juggling our career, family and personal well-being. This proactive and interactive session will provide strategies to increase energy and efficiency levels without burning the candle at both ends!

Topic 5: It's great to be different - Love your uniqueness and celebrate it!

An inspiring and memorable session for senior and junior school students that provides unique strategies to optimise performance and opportunities at school and beyond.

KATRINA ALSO OFFERS THE FOLLOWING SERVICES:

TEAM BUILDING PACKAGES

Katrina Webb works in conjunction with “Healthy Teams” to design and tailor team building activities to your organisational needs.

Our team development methodology involves providing experiential learning activities that highlight existing attitudes and behaviours which effect team performance.

PACKAGES:

- 2 hr Introduction to Teamwork
- Half Day Team Building Workshop
- One Day Team Building Program

OPTIONS INCLUDE:

1. Healthy Teams Foundations
2. Treasure Challenge
3. The Business Game
4. Survivor Challenge
5. Silver to Gold Paralympic Team Building Event

CORPORATE HEALTH AND WELLBEING PROGRAM - “LIVING BALANCE”

Most CEOs would agree that it is crucial to protect assets and maximise their value. The Living Balance program recognises that staff are a company’s most valuable asset and provides a comprehensive program for improving performance and reducing liabilities associated with burnout, absenteeism and presenteeism.

Lost productivity due to presenteeism is 7.5 times greater than productivity losses associated with absenteeism.

It is a silent epidemic costing employers billions of dollars each year.

The Living Balance program is a holistic approach to changing the long term health habits of participants, resulting in more energy, reduced stress and a measurable lowering of Health Age.

The program includes pre & post health testing and life balance profile, a seminar series supported by personalised coaching and all resources including a course workbook.

PERSONAL APPEARANCES

Site visits, Corporate Functions, Staff Functions, Special events, Media functions, Product Launches and Awards. (Can include display of torch and medals if required.)

ARTICLES IN NEWSLETTERS OR MAGAZINES

Written contributions, interviews and motivational tips to success.

ADVERTISING AND ENDORSEMENTS

Katrina is available to discuss product endorsements and advertising opportunities.

THE ATHLETE - ACHIEVEMENTS

- 1994 all Australian Netball Squad 17 & under
- 1995 Australian Institute of Sport Netball Scholarship
- 1996 Atlanta Paralympic Games: Gold 100m, Gold 200m, Silver Long Jump
- 1998 World Championships: Silver 400m, Silver 100m & Gold Javelin & WR
- 1997-2000 South Australian Athlete Ambassador for Health & Disabilities
- 2000 Sydney Paralympic Games: Silver 400m, Silver 100m and Bronze 200m
- 2002 World Athletic Championships: Silver 100m and Silver 400m
- 2004 New World record for the 200m T38 class
- 2004 Athens Paralympic Games: Gold 400m and Paralympic Record
- 2004 South Australian Sports Institute Female Athlete of the Year
- 2005 AIS Athletics Scholarship Canberra
- 2006 SILVER 100m Melbourne Commonwealth Games

THE PERSON - ACHIEVEMENTS

- 1996 Awarded OAM for services to sport
- 1999 Queen's Trust Achiever Award
- 1999-2007 Board Member South Australian Women's Trust
- 2000 First torchbearer to enter Olympic stadium, Sydney Paralympic Games Opening Ceremony
- 2000 Bachelor of Physiotherapy at the University of SA
- 2001 SA Youth Showcase Awards- Young Person of the Year Award
- 2003 Awarded the Centenary Medal
- 2004 Nominee for the SA Greatest Sports Stars Ever
- 2004 SA National Speaker's Association of Australia John Nevin Rising Star Award
- 2005 Walked the Kokoda Track PNG
- 2006 Presented on behalf of the IPC to the United Nations in New York at the closing ceremony of the International Year of Sport and Physical Education 2005.
- 2007 - Now: Blue Earth Champion
- 2007 - Now: Minda Inc. Ambassador
- 2007 - Now: Member of the Australian Paralympic Committee- Athlete Commission
- 2007 - Now: Member of the Athletics Australia Athlete Commission
- 2007 - Now: Co-host C31 SA Sports Show
- 2007 - Now: AIM Business Ambassador- Women in Management
- 2005 - Now: Adelaide Thunderbirds Number 1 ticket holder
- 2008 - Now: Premiers Be Active Challenge Ambassador

CURRENT BOARD REPRESENTATION

- 2004 - Now: Sports Challenge Foundation Committee
- 2005 - Now: Adelaide Crows Foundation
- 2009 - Now: Premier's Council for Women SA

TESTIMONIALS

“Katrina’s was one of the highlights from the three-week ING International Graduate Programme. Her message was on target - sharing with the group of young, high potentials from around the world, that they can make a difference even in adverse circumstances. She immediately captured and engaged the audience. I also so appreciated that she wanted to spend time getting to know the group. Her authenticity and genuine concern came through. I would not hesitate in recommending her to others and would definitely engage her again.”

Renée Yates - Enright - ING International Graduate Programme - Project Lead

“What an amazing impact you had at our awards lunch on Friday. Your great stage presence, immaculate timing and perfect perception about the audience connecting your experience to their own, all made for a magnificent presentation! Thank you so much for giving what you did - you made a difference!”

John Adcock - First National Real Estate

“Katrina Webb has spoken a number of times at The National Young Leaders Day, and I have nothing but wonderful things to say about her. She has always made time for us in her busy schedule, as she sees the value in contributing to the lives of Australia’s future leaders. We have always received great feedback from both teachers and students who attend our event, that they have been inspired, motivated and encouraged from her presentation. Over the years, she has continued to bring a ‘fresh’ contribution, and her life is a great example of the themes she speaks about.”

Ruth Strother - National Conference Co-ordinator, Halogen Foundation

“Just a quick e-mail to say a big thank you for your talk last week to the GHD business school at the Hyatt in Adelaide. It made us look inside and take stock, look at where we were, where we all wanted to be and how we could get there as standing still is definitely a step backwards. Inspiring and energizing!!”

Rupert Duckworth - GHD Goldfields Manager

“Katrina was fantastic and thoroughly addressed issues identified for the group. Much positive feedback was received and several people have reported changing their daily activities as a result of Katrina’s inspirational story”

Sue Harmer - Open Access College

MANAGEMENT - ONYA SOAPBOX

For more information or to make an inquiry about Katrina Webb please contact:

Onya Soapbox - Abby Edwards

Ph: +61 8 8239 2355

Fax: +61 8 8239 2366

Mobile: +61 417 808 107

Address: 46 Tynte St, North Adelaide SA 5006

Email: abby@onyasoapbox.com

Web: www.onyasoapbox.com