



# KATRINA WEBB



## KATRINA WEBB - OAM, B.PHYSIO AIMM SHORT BIO

Katrina Webb is recognised and acknowledged for her unique athletic and outstanding success as a Paralympic athlete. She has won Gold, Silver and Bronze medals in athletics at the last three Paralympic Games.

Katrina was the first torch bearer to enter the Olympic Stadium for the Opening Ceremony of the Sydney 2000 Paralympic Games. In 2006 Katrina was selected to address the United Nations in New York on behalf of the International Paralympic Committee.

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 people in four different countries.

Katrina's point of difference is that she tailors each presentation, keynote or workshop to the client's needs

## 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 Into 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. Unique team activities including wheelchair basketball, wheelchair rugby, seated volleyball, etc.

### **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.

### **TESTIMONIAL:**

“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**

## **CONTACT US NOW TO FIND OUT MORE INFORMATION:**

### **MANAGEMENT**

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