



## Speaking Services

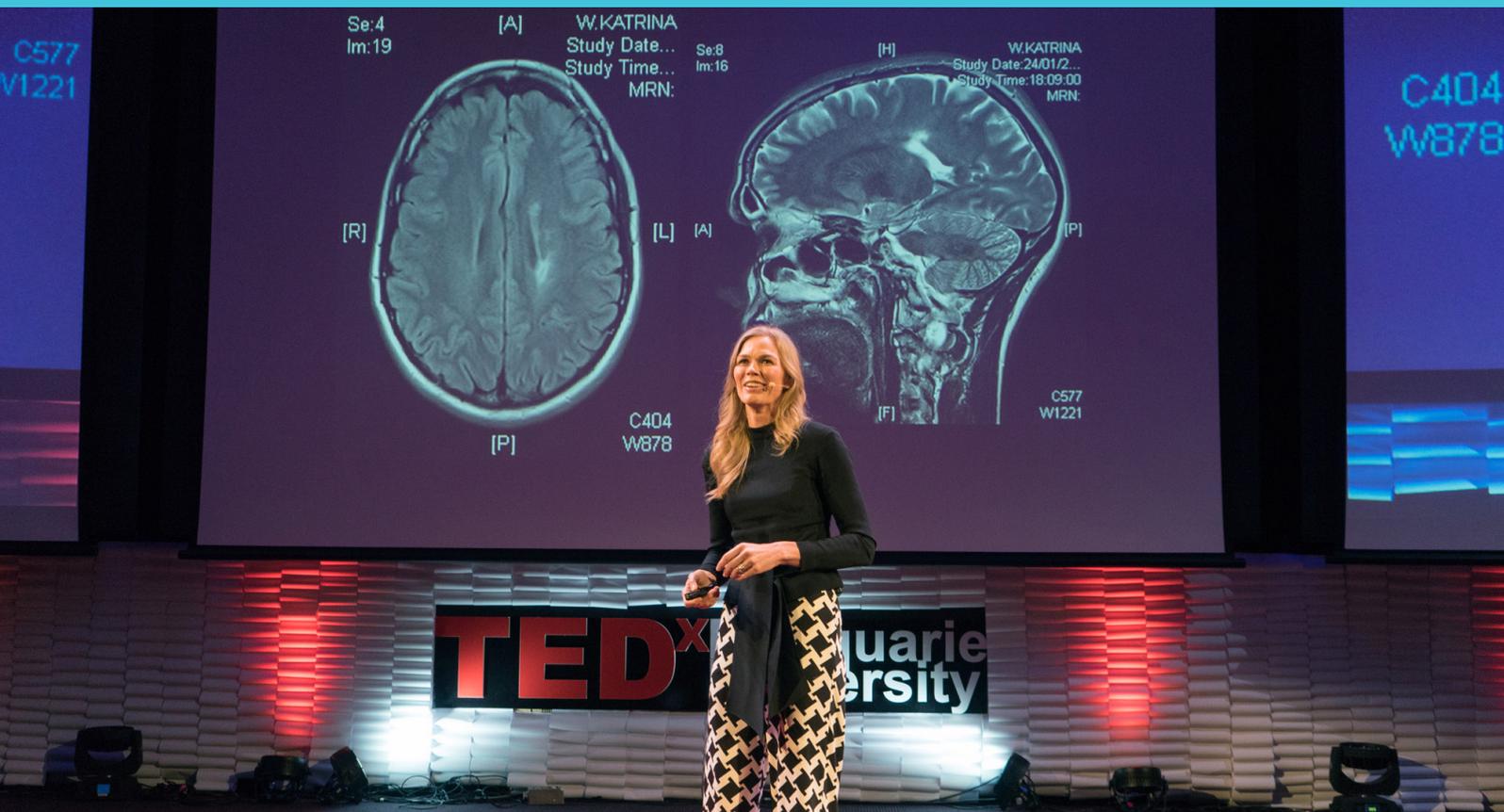
Through thorough research, a tailored approach and innovative delivery, a presentation by Katrina will enable your audience to connect with your message and look to apply it to their own situation, helping you to meet the key objectives of your workshop, meeting or conference.

As an Australian sporting legend, Katrina Webb is no stranger to a gold medal podium or a star-lit stage. She has received awards and medals most athletes only dream about. Despite this success, her journey hasn't always been easy.

Born into a family of sporting stars, it was no surprise that a young Katrina Webb was born with natural athleticism. By the age of eighteen, she had already secured a netball scholarship at The Australian Institute of Sport. What she didn't realise at this time was that her sporting career was about to take an unexpected turn.

During training at the Institute of Sport, Katrina was informed that she had a weakness in her right-hand side, which turned out to be a case of Cerebral Palsy. Katrina's ability to pursue netball at a national level was now in jeopardy. Despite this, a twist of fate presented a previously unseen opportunity. Katrina was now eligible for the Paralympic games. Her weakness had become her greatest strength.

Over the years Katrina had tried to conceal her disability, so making the decision to compete at the very public Paralympics was not easy. In time, she realized that through self-acceptance and determination she could tackle her disability head on. This decision paid off when she won two Gold medals, and a Silver medal in Atlanta 1996 and at Sydney 2000 went on to win a Silver and Bronze medal.



While the Sydney Paralympics were successful for Katrina, her competitive spirit still left her with a desire to win Gold again. She knew that to do this she needed to take 'conscious action' and become a 'Gold' level performer in every aspect of her life. In the four years between the Sydney and Athens Paralympics, Katrina mastered the alchemy of performance with a clear focus on understanding mindset, and the results speak for themselves. At Athens in 2004 she won another Gold Medal in the 400-metre sprint and set a new Paralympic record.

Today, Katrina's running career is in the past, but her passion for helping others perform at their best continues to be her greatest inspiration. Katrina is the founding Director of Silver 2 Gold High-Performance Solutions, and as a professional speaker she has impressed audiences at an International level. This includes speaking at the United Nations International Year of Sport in New York 2006.

Due to her own experience in dealing with a disability and a desire to help others, Katrina is a passionate humanitarian. She currently organises leadership treks to Nepal including Everest Basecamp, raising funds for the health, education and protection of children in Nepal.

## Topic Outlines

### The Alchemy of Performance

Many of us have personal or professional goals that require us to step into a higher level of performance and productivity. To achieve these results, we must learn how to assess and transform our current habits and actions so that we can develop the mindset and behaviors that turn our dreams into a reality.

In this presentation, participants will learn how to manage priorities, so that time is spent on achieving desired results rather than trying to multitask a meaningless to do list. They will be able to recognize the importance of mental and emotional fitness, as well gaining insights into the physiology of high performance.

This presentation is action based, full of tools to facilitate the necessary change required to perform at a 'gold level' standard. The Alchemy of Performance is a holistic approach to performance, which encompasses the mental, emotional and physical aspects our lives, leading to success.

#### Key Outcomes

- Understand the 5 Keys to transforming personal performance
- Insight into mind management, energy management and priority management
- Tools to implement change
- The nature of purpose and performance.

### The Road to Resilience

We all deal with times in our lives where we feel overwhelmed with stress or unforeseen roadblocks. These times are difficult, but they also present the opportunity to transform our lives and create a more abundant future.

In this presentation, participants are provided tools to identify their purpose and understand the values that drive behaviour. Once we can understand what motivates us, we are also able to change our actions and behaviours so that we can deal with challenging times with grace and ease.

Audiences will develop the skills to attain a positive mindset and become aware of any unhelpful thinking that is acting as a roadblock to success. With focus, mindfulness and a clear purpose our dreams become our reality, regardless of what gets in the way.

#### Key Outcomes

- Understand the importance of purpose and values
- Neutralize unhelpful thinking
- Develop mindfulness
- Gain insights into the nature of resilience.

## Topic Outlines

### Running for Love

As the saying goes, it is love that makes the world go round. In this presentation, Katrina shares her personal account of coming to terms with her disability, developing self-acceptance and harnessing these unique attributes to find peace, fulfillment, and ultimately success.

Running For Love provides participants insights into the nature of self-love and self-care. It is through this process we are also able to care for the people and communities around us. It is often in accepting our differences that we can develop compassion for others.

Audiences will leave this presentation with the tools to look after personal needs, a clear understanding of the value system that drives them, and clarity of purpose.

#### Key Outcomes

- Inspiration
- Tools to accept difference and embrace change
- Insights into the nature of self-love
- A renewed sense of purpose

*"Thank you for your fantastic session this morning at the Charles Sturt's Team Leaders breakfast. Your presentation was insightful, moving and inspiring and I found it re-energised me to the core"*

Charles Sturt University

*"Your words and presence added to a great night. It would be great to hear more from you, especially around how teams can reach and continue on the path of high performance"*

Westpac Adelaide

## Hosting and Emceeing

Katrina is a highly sort after host/emcee and facilitator. Her warmth, knowledge and experience will make your next event or conference an enjoyable and successful one.

*"The events at Cardiff Castle for the announcement of the Australian Flag Bearer and the Live London Dream Rio event at Australia House were hugely successful. The success was mainly due to you adding such a personal touch as an emcee to the formalities which created a relaxed and enjoyable atmosphere. The pleasure was all ours."*

*Anthony Bastic - Director*

*"We would like to thank you for your involvement as MC at this year's Roll of Excellence. The detail and humour you put into the night was well received by everyone at the event. "*

*CEO Jetstar Little Athletics*

## Achievements

### Athletic

- **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
- **2000** Sydney Paralympic Games: Silver 400m, Silver 100m and Bronze 200m
- **2002** World Athletic Championships: Silver 100m and Silver 400m
- **2004** 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
- **2015** Athletic SA Hall of Fame

### Personal & Business

- **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 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
- **2005** Walked the Kokoda Track PNG
- **2006** Presented on behalf of the IPC to the United Nations in New York
- **2004 - 2010** Sports Challenge Foundation Committee
- **2004 - 2007** Worked as the SA National Development Officer for the APC
- **2005 - 2009** Adelaide Thunderbirds Number 1 ticket holder
- **2007 - 2011** Member of the Athletics Australia Athlete Commission
- **2007 - 2011** Co-host SA Sports Show 44 Adelaide TV
- **2007** Certificate IV Training & Assessment
- **2005 - Now** Adelaide Crows Foundation Board
- **2007 - Now** Blue Earth Champion & Minda Inc. Ambassador
- **2007 - 2012** AIM Business Ambassador - Women in Management
- **2008 - Now** Premier's Be Active Challenge Ambassador
- **2009 - 2015** Board member for Premier's Council for Women SA
- **2010 - Now** Operation Flinders Challenge Ambassador
- **2010** Presented to over 25,000 Prudential Agents in 10 different cities in Indonesia
- **2012** International Paralympic Committee Ambassador London Paralympic Games
- **2013** CSCLeaders Graduate - London and Mumbai
- **2013 - Now** Member of the Crows Women in Management Committee
- **2014** Level 1 Resilience Training TechWerks
- **2015** TEDx talk Macquarie University
- **2016** Level 2 Resilience Training, TechWerks and SAHMRI Resilience Team Trainer
- **2016** Everest Basecamp Trek
- **2016** International Paralympic Committee Ambassador Rio Paralympic Games