



# Tessa Sanderson CBE

Olympic Javelin Champion and British Athlete



## CSA CELEBRITY SPEAKERS

Tessa Sanderson is one of UK's best known athletes, having won an Olympic Gold Medal in 1984 and competed in six Olympic Games. During her 26 years competing for Great Britain, Tessa was voted Sports Personality of the Year and Athlete of the Year (3 times) by the Athletics Writers Association. Her media career involves television presenting for BBC, ITV, Bloomberg and GMTV, where she covered the 1996 Olympics from Atlanta. Now head of the Newham Sport Academy, Tessa was recently praised by Gordon Brown for encouraging more children to take part in sport.

**"One of Britain's most recognised and respected motivational speakers"**

### In detail

Having retired from competitive athletics in 1997, she works with various charities such as the Variety Club of Great Britain the largest children's charity in the world - also, for Leukaemia Research and is patron to a charity for underprivileged children in Jamaica. She has taken part in the BBC show Strictly African Dancing, and has guest appeared on The Wright Stuff.

### What she offers you

Tessa talks openly about her inspirations and what drove her to become Olympic Champion. She offers audiences advice on becoming an achiever in any chosen field. She also demonstrates the importance of teamwork and self belief.

### How she presents

Tessa's motivational and inspirational presentation takes you from her school days through to winning her Olympic Gold Medal and beyond. Her presentations are guaranteed to leave audiences feeling energised and ready to achieve their ambitions

### Topics

- Self Motivation and Inspiration
- The Olympic Dream
- The Secrets of Achieving Your Goals
- The Tessa Sanderson Story
- How to Achieve Everything You Want

### Languages

She presents in English.

### Want to know more?

Give us a call or send us an e-mail to find out exactly what she could bring to your event.

### How to book her?

Simply phone, fax or e-mail us.

### Credentials

- CBE by Her Majesty the Queen for her Services to Sport and her being Vice Chairman of Sport England
- OBE for her Work with Various Charities
- MBE for winning her Olympic Gold Medal for Great Britain in Los Angeles
- Sunday Times Life Times Achievement Award for her Dedication to Sport
- Sports Personality of the Year and Athlete of the Year (3 times), Athletics Writers Association
- Honorary Fellowship Degrees from the South Bank University in London and the Wolverhampton Polytechnic
- Honorary Masters Degree, Birmingham University