



## Karen Darke

2012 Paralympic Silver Medallist & Member of British Cycling GB Squad



### CSA CELEBRITY SPEAKERS

Karen Darke is a 2012 Paralympic silver medallist, and member of British Cycling GB squad. Karen was a keen runner, climber and all round outdoor addict, until at the age of 21, she fell off a cliff and became paralysed from the chest down. There began the opening chapter of her book 'If You Fall...' and the beginning of an extraordinary new life. Karen is now preparing for Rio 2016.

**"If we can know ourselves better, we can explore our abilities, and achieve all manner of things we may previously have thought impossible." Karen Darke.**

#### In detail

Karen has an adventurous spirit and amongst other achievements, she has been crowned the 2009 World Para-Triathlon Champion, cycled the length of Japan by handbike and climbed the kilometre high overhanging precipice of El Capitan, a giant granite rock face in Yosemite National Park, USA. The most physically challenging adventure for Karen was a 600 kilometre traverse of the Greenland ice cap, a month long journey across one the world's last great expanses of wilderness.

#### What she offers you

Karen speaks from the heart and inspires audiences around the globe. She shares personal stories focused on overcoming challenge, embracing change and achieving the 'unachievable'. As a learning and development specialist and with personal experience of working in corporate and public sectors, she is able to connect with a wide range of clients, large audiences and small teams.

#### How she presents

Modest and thoughtful, Karen is a highly sought after and successful speaker, whose stories inspire all those who take time to reflect on what it took to achieve them.

#### Languages

Karen 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.

#### Publications

##### 2012

Boundless

##### 2006

If You Fall

#### Topics

Overcoming Challenge

Achieving Goals

Positive Thinking

Performing Through Change

Teamwork