



# Dame Kelly Holmes DBE, MBE

Double Olympic Gold Medal Winning Athlete



## CSA CELEBRITY SPEAKERS

Double Olympic Champion Col. Dame Kelly Holmes MBE (Mil) is one of the UK's most beloved athletes, widely respected globally as a role model and source of inspiration. Kelly holds the British records for the 800m and 1000m and is an Olympic, Commonwealth, and European champion. Throughout her career, she has amassed seven Gold, eight Silver, and four Bronze medals.

**"Kelly is an icon of British athletics, a truly inspirational and respected figure in the sporting world"**

### In detail

In recognition of her decorated career, Kelly was appointed DBE and was made an Honorary Colonel of the Royal Armoured Corps. She has also claimed BBC Sports Personality of the Year 2004 and the Laureus World Sports Award for Sportswoman of the Year 2005. In 2010, Kelly was inducted into the England Athletics Hall of Fame, honouring such a decorated and influential career she has led. In 2022, Kelly made headlines when she announced that she was gay in an interview with the Sunday Mirror. Since then, Kelly has used her prominence as a former athlete to advocate for increased awareness and support of the LGBT+ community.

### What she offers you

Kelly's dynamic speeches, grounded in her exceptional accomplishments as a double Olympic champion, epitomise focus, self-belief, drive, determination, and success. Kelly specialises in mental health talks, particularly emphasising mental well-being in the workplace. Drawing from her personal experiences with depression and her Mental Health First Aid training, she offers valuable insights and practical advice.

### How she presents

Kelly's innovative style is meticulously crafted to suit the unique needs of every client, actively collaborating with them to ensure the realisation of their goals and objectives during strategy meetings, seminars, and conferences.

### 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.

## Publications

### 2024

Podcast: What Do I Do? Mental Health and Melt

### 2005

Black, White and Gold (Autobiography)

## Credentials

### 2005

Laureus World Sportswoman of the Year (known as the Oscars of the sports world, decided by the Laureus World Sports Academy, a panel of 40 of the greatest sportsmen and sportswomen of all time)

### 2004

BBC Sports Personality of the Year

### 2004

European Female Athlete of the Year

## Topics

- Motivation and Inspiration
- Mental Health in the Workplace
- Performance, Resilience and Overcoming Adversity
- Leadership
- Goal Setting and High Performing Teams
- Health, Wellbeing and Nutrition
- Sports and Peak Performance
- Women's Empowerment