



**Stef Reid**  
Paralympic Long Jumper



## CSA CELEBRITY SPEAKERS

Stef is a Paralympic long jumper who competes for Great Britain. Stef is a five-time world record holder, double Paralympic medallist in the long jump (2012) and 200m sprint (2008), and reigning European long jump champion. She has an honours degree in biochemistry, and away from the track works as a professional speaker, fashion model and lay preacher.

**"Mistakes are ultimately unimportant if the purpose of the quest is adventure rather than certainty"**

### In detail

Stef was born in New Zealand to a Scottish father and English mother, grew up in Toronto, and moved to Dallas, Texas with her Canadian husband all before settling back in the UK in 2010. Stef's talent and passion for sport were spotted early, and at 12 she was already dreaming of playing rugby on the world stage. But at 15, Stef was involved in a boating accident, suffering severe propeller lacerations. Her life was saved but her right foot was amputated. Stef's focus shifted from her sports to her studies, and she graduated as valedictorian earning a full academic scholarship to Queen's University in Canada to study biochemistry. While at Queen's, Stef joined the university athletics team just to see how fast she could still run. Upon graduation, Stef decided to put her plans of medical school aside and focus on her childhood dream of being a professional athlete.

### What she offers you

Stef is a professional speaker with a portfolio that includes key note speeches, guest lecturing, health and wellness education, and the occasional Sunday sermon! She is experienced presenting in a variety of different contexts, from the big stage at Wembley Arena to intimate boardroom sessions.

### How she presents

Every presentation Stef delivers is uniquely crafted for the event, and she works hard with clients to understand the needs of the audience.

### 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 or e-mail us.

### Topics

The Aristotle Effect - the Pursuit of Excellence  
Able-ism in the Fashion Industry  
Does Jesus like Winning?  
Motivation  
Resilience  
Health for Performance