



Who Is It For

This talk is specifically applicable to business people in industries where individual goal setting, personal responsibility, self discipline and focus are key elements required for success.

What This Presentation Will Do For Delegates

Swimming is an individual and often very lonely sport. Much like life, it requires certain key elements in order to attain success, elements such as sacrifice, perseverance and single-minded focus. This presentation will shed light on what it takes to make it to the top of one of the world toughest sporting disciplines, how to stay there, and how those same principles relate and apply to life in business and general. This presentation will inspire the listener to believe in his or her own potential, show you how to turn disappointment into victory and most importantly, live a life in pursuit of personal excellence.

More about the Content

- ◆ True success in life is about more than just being the best. It's about more than you! It's about living a life based upon, and governed by, core principles and values that always result in making a lasting difference for the greater good.
- ◆ Truly successful people focus on improving themselves, not on beating others.
- ◆ They learn from their mistakes.
- ◆ They are not afraid to fail.
- ◆ They are honest with themselves and others.
- ◆ They know the value of balance and giving.
- ◆ They live to make a difference.

pennyheyns

SWIM YOUR OWN RACE

The Art of Unleashing Your Full Potential

