



ANNA MCNUFF

ADVENTURER & SPEAKER



"One of the most inspiring modern female adventurers"

- The Guardian -

- Ex Great Britain Rower, turned adventurer
- Watch the TEDx Talk: ["But what if I fail?"](#)
- Ran 2,000 miles solo through New Zealand
- Cycled 11,000 miles through 50 US states

ABOUT ANNA: ADVENTURER & ENDURANCE ATHLETE

Anna McNuff is an endurance athlete, bestselling author and adventurer. Named by the Guardian as one of **the top female adventurers of our time**, Condé Nast Traveller also recently included her in a list of the 50 most influential travellers in the world. She is the **UK ambassador for Girl Guiding**, and the founder of Adventure Queens; the UK's fastest growing women's adventure community. Her debut book 'The Pants of Perspective' was released in July 2017, and hit the UK charts as a No.1 bestseller.

GB Athlete Background: The daughter of two Olympic rowers, Anna went on to represent Great Britain herself - winning medals at World and European Championships. Dogged by injury in her twenties, she made the difficult decision to retire from the sport and to embark on a new life as an adventurer.

Adventures: In **2013** Anna cycled a beautiful pink bicycle 11,000 miles through each and every state of the USA, from Alaska to Hawaii, solo and unsupported.

In **2015**, Anna set out on a 2,000 mile run along New Zealand's Te Araroa trail. Travelling alone for 148 days, and running up to 32 miles in a day, she carried all of her belongings in a backpack that was often as heavy at 20kgs.

In **2017**, Anna was part of a two-woman team who cycled 5,500 miles along the spine of South America's Andes mountains, ascending over 100,000 metres on a bike - more than eleven times the height of Everest.

ANNA'S TALKS

Anna's high energy talks are life lessons from the road, told with raw honesty, humour and passion. Through her speeches, she advocates a willingness to embrace the many obstacles that litter the road to success, and to view each one as an opportunity to learn and to grow.



Delivery Style: Relaxed, fun, upbeat, interactive and energetic. Uses adventure storytelling combined with a light touch of psychological theory, and poses powerful questions to the audience throughout.



Topics include:

- Confidence and self-belief
- Overcoming fear of failure
- Determination, resilience and perseverance
- Growth mindset and the courage to begin
- Identifying and overcoming 'limiting beliefs'
- The ability to 'choose your attitude'

Watch the TEDx Talk: ["But what if I fail?"](#)

The Impact of Anna's Talks:

- At an **individual level**, Anna's talks can lead to increases in confidence, creativity, and a reduction in failure related anxiety.
- At an **organisational level** Anna's talks help to foster an innovative, dynamic culture, where employees aren't afraid to take risks, and are motivated to embrace change.

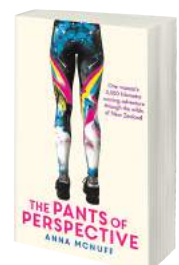
CLIENTS INCLUDE



IN THE PRESS

Anna is regularly interviewed about her exploits, a selection of recent articles include:

- The Guardian: "10 of the most inspiring contemporary female adventurers"
- Condé Nast Traveller: "The 50 most influential travellers in the world"
- Runner's World UK: "Fuelling with chocolate, and running in mens shoes."



CLIENT TESTIMONIALS

"An incredibly talented speaker - full of guts, energy, determination, stamina and vision. At our after dinner event, you told your story with great humour and placed us right in the heart of the action. As a result you have encouraged each and every one of us to try new things and push ourselves more. We can't wait to hear what you get up to next!"

- Barclays -

"It really felt like we experienced the journey with Anna. Her passion for pursuing a life beyond the norm, and her drive to encourage others to do the same shone through from start to finish. A truly memorable presentation and I would welcome her back to speak at future events in a heartbeat."

- Cancer Research UK -

"Hugely engaging and entertaining with plenty of food for thought for all of us watching. Thank you for not just having great stories to tell, but for telling them in such a compelling way. One of the team at dinner tonight has now pledged to cycle around the world for charity – or rather the distance equivalent to round the world... how about that!"

- GlaxoSmithKline, Global Leadership Conference -

"Absolutely fantastic!"

- HRH Prince Edward -

"You made a huge impact on our athletes in such a short space of time! They are now heading into qualification for the Olympics feeling inspired, motivated and positive about the journey ahead."

- English Institute of Sport and the GB Archery Team -

"After your talk at our women's networking event, the whole company has been inspired to take to the great outdoors! We have just arranged a mass company camping trip with our charity partner... Thank you for helping us lead our employees way beyond their comfort zones."

- Konica Minolta UK-

"I laughed, I cried, and I left ready to take on the world."

- Deloitte, Auckland -

"In the same way Jamie Oliver has a kind of innate and interminable positivity that makes cooking and food seem like the best thing ever, adventurer Anna McNuff manages to do that about life, when she takes to the stage."

- Stylist Magazine, UK -

"Without a doubt, the most energetic speaker we have ever had. Thank you for helping our team to find the courage to face challenges head on."

- Mars, UK-

"You added so much to our event, Anna. We loved how your impact extended far beyond the stage as you took the time to speak individually with the delegates afterwards, and join us for dinner too. It was clear to everyone that you genuinely care about helping others to think differently, and do more."

- Emerson, UK & Ireland Sales Conference -

For event bookings or more information, email:

speaking@annamcnuff.com

