



***"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
- Empowers others to explore their potential

## ABOUT ANNA: ADVENTURER & ENDURANCE ATHLETE

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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 included her in a list of **the 50 most influential travellers in the world**. She is also the **UK ambassador for Girl Guiding**, and her debut book 'The Pants of Perspective' 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 **2019** Anna completed a 2,300 mile (90 marathon) run from The Shetland Islands to London, in her bare feet. Speaking to Girlguiding groups along the way, she encouraged the young women of Britain to be bold, be brave and believe that they are capable of more.

> [\*\*Click here to watch the interview on BBC Breakfast\*\*](#)



**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 11 times the height of Everest.

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

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

## ANNA'S TALKS

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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'
- Coping with change

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**

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**IN THE PRESS**

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

- The Guardian: "10 of the most inspiring contemporary female adventurers"
- BBC News: "Ultra Runner attempts 100 marathons in her bare feet"
- RedBull UK: "Meet the woman running 2,000+ miles barefoot across Britain."



## CLIENT TESTIMONIALS

*"An incredibly talented speaker - full of guts, energy, determination, stamina and vision. 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 -**

*"Anna's passion for pursuing a life beyond the norm and her drive to encourage others to do the same shone through from start to finish. I would welcome her back 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."*

**- GlaxoSmithKline, Global Leadership Conference -**



*"Thank you for helping us lead our employees way beyond their comfort zones."*

**- Konica Minolta UK-**

*"Anna's ability to instil a sense of self-belief in those watching her speak is second to none. Despite her own achievements – she very much made the talk at our team away day about us instead. Honest, relatable and wonderfully down to earth."*

**- Sky TV -**

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

**- Deloitte, Auckland -**

*"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 -**



*"Absolutely fantastic!"*

**- HRH Prince Edward -**

*"In the same way Jamie Oliver has an innate, interminable positivity that makes cooking seem like the best thing ever, adventurer Anna McNuff does 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 made a huge impact on our athletes in such a short space of time! They are now heading into the Olympics feeling inspired, motivated and positive about the journey ahead."*

**- English Institute of Sport and the GB Archery Team -**



Read more at:  
[www.annamcnuff.com](http://www.annamcnuff.com)



For event bookings or more information, email:  
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