



MARTHA HENDERSON



**Keynote Speaker,
2008 Olympian**

Signature Keynote

Applying the Olympian Mindset to Your Work & Life

When you have big dreams or goals why should life or business be any different than an Olympic Journey? Martha shares her journey to the Olympic Games – the ups and downs, failures and successes along the way.

You will learn that the Olympian journey is about doing something every day that makes you a little bit better to get you a little bit closer to the goal. Become resilient against the fears others project on to you and stay the course to success.

In sharing her profound & unique experience, Martha imbued each member of our audience with the Olympic spirit. Her keynote was engaging, impactful and witty.

*-J. McKeirnan,
Volunteer Toronto*

We came away inspired and uplifted. Well done!

Margot P.

As seen on/in




Additional Keynotes


- **Finding the Groove**
- **Making the Decision to Pursue Success**


About Martha

Martha inspires and leads people to achieve beyond their expectations. One of her greatest achievements was representing Canada at the 2008 Beijing Olympics.

Martha brings a message of perseverance and becoming better everyday to achieve goals and dreams. Audiences are inspired by her message which is fun, relatable and motivational.

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To book Martha to speak email martha@risingtides.ca

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