



SARAH WELLS

Olympian and leadership expert helping organizations cultivate unstoppable excellence through energy, resilience and innovation

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- Olympian credibility: Sarah Wells competed at the highest levels of athletics, transforming elite performance into leadership lessons for business
 - Contagious energy on stage: Audiences say she “could charge a phone battery from the stage” — offering dynamic delivery with immediate take-aways
 - Excellence is for everyone: Her core message: excellence isn’t about perfection, it’s about out-doing who you were yesterday — applicable across life, teams and organizations
 - Practical frameworks for change: From “The Pursuit of Excellence” to “The 16 Stride Factor,” she gives actionable strategies to turn obstacles into growth
 - High-impact testimonials & global reach: Trusted by Fortune-level companies who highlight her ability to connect with teams and shift culture

Sarah Wells is a former Olympic hurdler, keynote speaker and leadership expert who brings elite-athlete discipline and insight into organizations ready to achieve more. With over a decade competing internationally and a Master's degree in Leadership & Innovation, she understands what it takes to perform at the highest level — and how those same principles apply to business, teams and culture.

Driven by the mission that “excellence is for everyone”, Wells rejects the notion that success is reserved for the select few. Instead, she teaches that by breaking limiting beliefs, leaning into your unique strengths and committing to doing the small things exceptionally well, excellence becomes contagious across individuals and organizations.

On stage, she captivates with her high-octane presence and practical insight. Her signature keynotes — “The Pursuit of Excellence,” “Overcoming Hurdles,” and “The 16 Stride Factor” — blend gripping personal stories (Olympics, The Amazing Race) with actionable frameworks that teams can apply immediately.

Wells has been invited by leading organizations seeking to energize leadership, ignite culture change and accelerate performance. Her message resonates in fast-paced, high-pressure environments: success isn't about avoiding failure, but about mastering the ability to adapt, persist and excel.

TEMAS

Sarah tailors each presentation to the needs of her audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- The Pursuit of Excellence
- Overcoming Hurdles
- The 16 Stride Factor
- Leadership & Culture Transformation
- Performance Mindset & Resilience

PROGRAMAS

The Pursuit of Excellence: How to Cultivate Unstoppable Excellence in Yourself and Your Organization

In this high-impact keynote, Sarah Wells dismantles the myth that excellence is reserved for a few. She reveals how anyone — no matter their background — can adopt the mindset of excellence. Through vivid stories of Olympic hurdles and corporate teams, she teaches how belief, resilience and daily disciplined actions unlock sustained success.

Overcoming Hurdles: Embracing Change and Turning Obstacles into Opportunities

Drawing from her elite athletic career and personal setbacks, Sarah guides audiences to reframe obstacles as catalysts. She presents three proven strategies to transform adversity into innovation, enabling teams to thrive in uncertain times and emerge stronger.

The 16 Stride Factor: Supercharge Your Organization with Innovative Thinking

Leveraging her distinctive “16-stride” approach from Olympic competition, Sarah challenges organizations to break away from standard formulas and embrace unique strengths. She shows how authenticity, experimentation and calculated risk-taking can unlock breakthrough performance.

CONDICIONES

- **Travels from:** Seattle, USA
 - **Fee Range:** Please Inquire
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