

## **Rachel Smith**

### **Gold Medal & World-record holder GB Dragon boat & Atlantic Ocean Rower**

#### **Testimonials**

'We always knew you would be a fantastic speaker and you proved us right. It was such a polished presentation of an enormous achievement and not a dry eye in the house. You so deserved your standing ovation. I have had numerous letters and phone calls all of the same opinion "superb speaker, truly inspirational, great charity."

*Eddisbury Tangent*

'Rachel spoke at our annual conference about her amazing adventure with her rowing partner Lin. Our conference delegates are finance professionals whose work involves numbers, budgets and processes, but they were totally captivated by their story. Incredible determination, bravery and passion shone through with every word and we really felt as if we were riding the same rollercoaster of emotions that they went through. Several of our delegates were moved to tears by their story – no mean feat to reduce grown men to tears!

'The theme of our Conference was "Reach for the Stars – realising organisational and personal potential" and you were a fabulous illustration of what can happen when you look beyond the ordinary and challenge yourself to do the extraordinary. A truly exceptional account of a truly amazing and awe-inspiring achievement.'

*CIPFA*

'We asked you to speak at this event as we recognised a number of aspects to your challenge which we were also facing as a public service provider undergoing a period of intense change.

'Project management, planning, preparation, motivation and goal setting, followed by the actual physical and mental challenge of the crossing, drew on many skills and attributes that are desirable in our managers. We

were also interested in addressing the emotional impact of change and felt that your experiences could translate well into our working lives.

'Your story is extremely exciting, yet demonstrates clearly just what can be achieved with determination and by setting the right goals. Your delivery used humour, emotion and fantastic imagery to get messages across. The audience was captivated and inspired. All attendees rated the presentation good or excellent and they are still talking about it round the offices!'

*Croyden Council*

'Rachel tells her story in such a convincing manner that the listener cannot fail to become a part of that tremendous journey. From planning through the doubts and traumas that followed until the final realisation that they had achieved their goal although they nearly perished when their boat capsized just 300 miles from the safety of land. A story so well worth telling and a joy to hear.'

*Rotary*

'It was a very inspirational presentation and made me think about all the times I have given up on some of the easiest things, that if I had stuck to, I could have achieved. Your determination to do something that benefits others and not yourself is something I find amazing and really selfless.

'You made me understand how important it is to have trust and understanding as a team. And the story of your journey was well presented and interesting. It was enjoyable and a laugh yet we got a lot of information from it. The whole day has made me think of the steps and commitment I need to make to reach the goals I need for my future.'

*Prince's Trust attendee*