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Give yourself a sporting chance

One of Team GB's most prolific champions will be at Northumbria University this month to launch a week of careers events aimed at members of the public, students, staff and recent graduates.

Anna Hemmings, MBE, is Britain's most successful ever female canoeist. A two time Olympian and six times World Champion, Anna is the only British female canoeist to ever hold both European and World marathon canoeing titles concurrently. Throughout her career she won a staggering 11 World and European Championship medals.

Anna's sporting success is all the more remarkable for the fact that she was

diagnosed with chronic fatigue syndrome in 2003 and was told by medical experts she might never race again. However, Anna resolved to overcome the illness and using a treatment called reverse therapy she regained her world leading status, winning the world championship three times in a row between 2005 and 2007.

She is now the Director and co-founder of Beyond the Barriers, an organisation dedicated to improving health and performance in individuals and organisations, as well as working as a performance coach and licensed 1:1 HeartMath coach.

Anna is adept at translating the lessons that she learned in sport to the business and educational worlds. Her inspiring presentations focus on the power of motivation, building confidence and resilience, and striving for constant improvement.

Demand for Anna's Keynote, which takes place from 11am to 12noon on Monday 15 April in Northumbria University's Rutherford Hall, is expected to be high as it resonates across a wide range of aspirational fields so interested parties are advised to register their attendance early at <http://www.northumbria.ac.uk/careersevents>.

The Anna Hemmings event kick-starts a week-long series of events run by the University's Careers and Employment department aimed at those interested in developing a career in sport.

The Careers in Sport week will feature a variety of sessions including guidance on how to succeed with applications, finding out more about opportunities in sports-related further study, and advice from people currently working in sport development.

There are also events looking at specific job roles such as physiotherapy, coaching and performance analysis, marketing events, and sports journalism. You can also learn more about working in a multinational organisation with a presentation on the jobs currently available at NIKE.

Although attendees are required to sign up for the sessions, the week will end with a drop in event at the Careers Centre where students and graduates can discuss their career plans and explore the resources available with

Careers and Employment staff.

To book a place on any of these events, contact the Careers and Employment team on 0191 227 4204 or go to:

<http://www.northumbria.ac.uk/careersevents>.

Northumbria is a research-rich, business-focussed, professional university with a global reputation for academic excellence. To find out more about our courses go to www.northumbria.ac.uk

If you have a media enquiry please contact our Media and Communications team at media.communications@northumbria.ac.uk or call [0191 227 4571](tel:01912274571).

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