



WHAT'S STOPPING YOU?

HEATHER MOYSE

Keynote Speaker
Author & Coach

4x Olympian (bobsled)
2x Olympic Gold Medalist
World Rugby Hall of Famer

Rethink Your Limits

Defy The Odds

Make It Happen

Redefine 'Realistic'

Do That Thing

Biography: Meet Heather Moyse.

She knows what it's like to redefine what's possible and achieve big goals...

But she also knows what it's like to live on autopilot, "sell herself short" and live within limits.

She was 27 years old, one year into her master's degree in occupational therapy, doing what most people do – simply pursuing the next step of life. She was drifting and was living life "within expectations." But then her perspective and her mindset shifted. And now she knows, first-hand, that so many people simply drift through life, sell themselves short, and never challenge themselves to discover what they are truly capable of.

What happened? Well, after being pursued by Canadian Olympic coaches for years, she decided to face the challenge: could she qualify for Canada's National Bobsled Team and compete in the next Olympic games... which were only 5 months later!? It was then when she realized she is motivated by challenges.

And now, four-time Olympian and 2x Olympic gold medalist, Heather Moyse is a multi-sport athlete – having been described as Canada's best ever all-round female athlete – and is now an author, personal development coach, and highly respected motivational speaker.

Combining her history of personal high performance and having overcome multiple, career-threatening injuries, with her master's degree in occupational therapy, Heather brings a unique perspective to achieving extraordinary results, and understands not only what it takes to achieve at the highest level, but also what it takes to overcome the roadblocks along the way.

Heather empowers individuals and teams to redefine the possibilities, embrace challenges, and thrive beyond definition, and wrote the book, *Redefining 'Realistic'* to help individuals and organizations take their lives or businesses to the next level. As a motivational speaker, Heather's impact transcends borders. From boardrooms to classrooms, her words inspire action. She challenges individuals and organizations to redefine their limits, unlock hidden potential, and pursue greatness.

Heather Moyse isn't just an athlete; she's a catalyst for change – a catalyst for individuals and organizations to discover what they are truly capable of. Her journey epitomizes resilience, and her message is empowerment. As she propels others toward their aspirations, Heather Moyse continues to redefine what's possible.



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Short Bio:

Heather Moyses is a highly sought-after keynote speaker, author, and coach, known for her expertise in overcoming obstacles, performance at the highest level, sustainable high performance, value-based decision-making, and the champion mindset, whether in business or in life. As a four-time Olympian and two-time Olympic gold medalist in bobsleigh and an inductee in the World Rugby Hall of Fame (the first Canadian female, and only the second Canadian ever), Heather has been described as Canada's best-ever all-round female athlete, having also competed internationally in track cycling after only 5 months of doing the sport to recover from an ankle injury. But combine that history of personal high performance with a master's degree in occupational therapy, she brings a unique perspective to achieving extraordinary results, and understands not only what it takes to achieve at the highest level, but also what it takes to overcome the roadblocks along the way. Heather empowers individuals and teams to redefine the possibilities, embrace challenges, and thrive beyond definition, and wrote the book, *Redefining 'Realistic'* to help people and organizations take their lives or businesses to the next level. But, to further personally-embrace these points, Heather summited the highest mountain in Antarctica with members of the Armed Forces to raise awareness for post-traumatic stress injury, experiencing a whole new level of challenges, teamwork, and what it takes to get to the top of a mountain (not just the top of the podium). Her unique perspective can make a significant difference in how you and your team choose to face adversity, achieve your desired outcome, and thrive while doing so.

Why Heather Moyses?

Unparalleled Energy:

Heather lights up any room she walks into. Her energetic and authentic approach keeps her audiences engaged and captivated from start to finish.

Relatable Messaging:

The qualities it takes to be successful as an athlete are the same qualities it takes to be successful and achieve sustainable high performance in life or any occupation or industry!

Unique Perspective & Experience:

With Heather's background – as a high-performance multi-sport athlete and with a master's degree in occupational therapy – she is perfectly qualified to help individuals, groups, and organizations shift their perspective, rethink their limits and propel them forward towards their desired outcomes.

RAVE REVIEWS:

"Rarely do I hear a speaker who connects as well to an audience as Heather does. I've seen her flourish in the world of speaking and help tens of thousands of people see their potential by sharing her unique perspectives."

John C. Maxwell, Author & Int'l Leadership Expert

"Most definitely ONE OF THE BEST motivational speakers I have ever experienced."

Ben Champoux, CEO, 3+ Corporation

"I can say without a doubt that Heather's message will not be quickly forgotten by anybody that is fortunate enough to attend one of her sessions."

Mark Bradley, CEO, LMN Software

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