



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

In-Person Introduction:

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 one year into her master's degree in occupational therapy, doing what most people do – simply pursuing the next predictable step in life. She was drifting and was living life "within expectations".

But then something happened that shifted her perspective and her mindset. And now she knows, first-hand, that so many people are capable of way more than they think they are.

And now... four-time Olympian and 2x Olympic gold medalist, Heather Moyse, is not just rewriting the rules of possibility, but she's rewriting her own narrative and helping other people and businesses do the same.

She was 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 empowers audiences from stages all around the world.

She's competed internationally in track cycling, rugby and bobsleigh, in which she and her teammate won gold in the Vancouver and Sochi Olympic Games. Heather was the first Canadian female to be inducted into the World Rugby Hall of Fame, and she has even climbed the highest mountain in Antarctica.

And now, armed with a master's degree in occupational therapy and her history of unparalleled athletic achievements, Heather has a profound understanding of human potential and a unique perspective to achieving extraordinary results in life and business.

Heather empowers individuals and teams to rethink their limits, redefine the possibilities, embrace challenges, and thrive beyond definition, and wrote the book, Redefining 'Realistic' to help individuals and teams take their lives or businesses to the next level.

Be prepared to be inspired and motivated, but mostly empowered to discover, for yourself, what you, your team, your business, and your life are truly capable of.

Before we invite Heather to the stage, please direct your attention to the screen(s) for a short video.

[VIDEO]

Everyone, please welcome to the stage... 2x Olympic Champion... and Empowerment Powerhouse...
HEATHER MOYSE!

