

**Sarah Winckless**  
**Consultant Partner**  
**UK**



An Olympic bronze medallist and double World Champion, Sarah has represented Great Britain at three Olympic Games and seven World Championships. She is also Chair of the British Olympic Associations Athletes' Commission for the London Olympics 2012 and beyond.

Winning, losing and training in an elite team environment has taught Sarah many transferable lessons. This coupled with a fascination and belief in human possibilities, has led her to her career as a performance coach. She works in the corporate and not for profit sectors with both individuals and teams, designing programmes to challenge thinking and improve performance. She particularly enjoys working with groups of women, helping them to understand their strengths and future possibilities.

Sarah is strongly motivated to help others recognise their strengths and achieve their goals. As a coach she has the ability to access multiple ways to help clients be inspired and to set and reach their goals, in whatever way works for them. Sarah thrives on strengthening individuals and teams to be as good as they can be. She also enjoys enabling others through mentoring, her own leadership roles, facilitating development programmes and team workshops, presenting, key note speaking and 'after dinner' speaking.

She aims to balance her work in mentoring and leadership with her own leadership roles. She is currently Chef de Mission for Team England, and preparing to lead the best prepared and most diverse Commonwealth Games Team that has ever left these shores to the Gold Coast in April 2018. She also sits on the UK Anti-Doping Board and the British Bobsleigh and Skeleton Board.

Sarah readily and enthusiastically connects and engages with her audiences and is driven to use her skills and stories to make a difference to the lives of others.

Recent clients include Lend Lease, Santander, Ricoh, Warner, London Stock Exchange Group and Commonwealth Games England.

Sarah is an accredited CTI co-active coach and patron of the Scottish Huntington's Association; Huntington's disease playing a significant and personal role in her life. Sarah was honoured by being presented the Sky Sports and Sunday Times Sportswomen of the Year Helen Rollason Award for Inspiration, and in 2015 was awarded an MBE for services to Sport and Young People.

In her personal life Sarah is still very active enjoying running and rowing. However when she wants to relax she likes to be outdoors in the garden growing plants for both food and colour.