



# Tim Foster MBE

Olympic Coach & Olympic Gold Medal Winning Rower



## CSA CELEBRITY SPEAKERS

Few Olympians have made the transition from athlete to coach as smoothly as Tim Foster. After achieving his goal of winning a gold medal as part of the never to be forgotten Coxless Four at the Sydney Olympics in 2000, Tim retired from international rowing and transferred straight into coaching.

**"Tim Foster is one of the UK's most determined and dedicated athletes**

### In detail

During his rowing career with the GB team, Tim Foster won a total of 9 World Championship and 2 Olympic medals - only twice in 14 years failing to medal. In 2004 he joined the UK Sport-sponsored Elite Coach Programme. In 2007, he became the Head Coach of the Swiss National Rowing Team, which he coached to the World and European Championships, ultimately aiming for the London Olympics 2012, to their most successful results for 16 years. He has coached World and Olympic Champions.

### What he offers you

The quintessential Olympic champion and 5 times Olympian, Tim is a great motivator and using the lessons he learned on the way to achieving his Olympic gold medal as well as now leading the programme, he shows audiences how to achieve their own goals and sets them on the path to winning ways both on a professional and personal basis.

### How he presents

Tim is a popular and amicable speaker with a relaxed yet confident presenting style. He uses a great mix of anecdotes and humorous stories to entertain, inspire, and motivate audiences around the world.

### Topics

- Teamwork
- Leadership
- Motivation
- Achieving Peak Performance
- Goal Setting and Achieving
- The Long Road to Success
- Coping with Adversity
- The Olympic Spirit
- Nurturing Talent
- After Dinner
- Host and Awards

### Languages

He presents in English.

### Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

### How to book him?

Simply phone, fax or e-mail us.



Video

### Publications

2004

Four Men in a Boat



Tim was absolutely superb. He enthralled and entranced the audience and the feedback has been fabulous - Insurance Underwriters

