

Vicki Anstey

MOTIVATIONAL SPEAKER

IT'S TIME TO UNLOCK YOUR SECRET 60%



Who is Vicki?

Vicki Anstey is a leading fitness expert, an Entrepreneur turned Adventurer and a World Record Holder. She was one of the first women to reach the final stages of Channel 4's 'SAS Who Dares Wins'. She is a 2 x World Record holder, having rowed the mid-Pacific unaided in 2021 and cycled non-stop across America in 2024.

Vicki has raced 250kms across The Arctic in temperatures as low as -35 degrees and across the plains of Kenya in temperatures over 50 degrees.

Her latest endeavour, the World-famous Race Across America, involved 3,000 gruelling miles of cycling through 17 states. But perhaps nothing can compare to her 60-day unsupported Pacific row from San Francisco to Hawaii.

Vicki speaks on themes of empowerment, self-reliance, teamwork, mindset, facing challenge and the often over-looked power of emotional endurance. She uses her extreme experiences to empower women and young girls to be who they want to be. She challenges her audiences to take their first step into whatever they may be most afraid of in order to discover that true personal growth comes from handling and then overcoming adversity. Drawing on her unique journey from advertising executive to fitness pioneer who now takes on some of the biggest tests of human performance.



“Fear is really just opportunity in disguise.”

Speech Topic

Unlocking high performance: Finding your secret 60%

If you've ever felt like you may be stuck in a rut, exhausted or simply lacking in self belief, Vicki can reconnect you to your potential. She will motivate any audience to step into their fears and harness the power of emotion to unlock high level performance under pressure. Vicki gives honest accounts of her lived experiences, both from days in the corporate world of advertising to some of the most extreme environments on earth.

Vicki's vulnerability will inspire and surprise, as she works to dispel the myth that you have to be superhuman to be successful. From learning to overcome your biggest fears by simply taking the first steps, to using your deepest vulnerabilities to do anything you want, Vicki shows audiences that these barriers can become the doors to a better life.

Have you ever felt like you're operating at 40%? That you have so much more to give but just can't figure out how to unlock the missing 60%?

Whether you harbour ambitions to lead an adventurous life or you want to stay firmly rooted in the ground, Vicki's series of eye-opening lessons will teach you that fear is really just opportunity in disguise and that the chance to row YOUR ocean in life is just around the corner.

This keynote will give you:

- The skills needed to unlock your true potential.
- A new perspective on what it is that holds you back and how to overcome it.
- Thought provoking insights that will inspire change and lead to heightened performance.



Workshops

It involves practical steps and a series of challenging, eye-opening questions, alongside interactive tasks that can make your audience feel that there's nothing they can't deal with including their own fears, whatever they may be. This is a unique opportunity to benefit from Vicki's insights from military practices, mindset coaching techniques and her first-hand experiences of facing and embracing fears, including how she has tested her human limits on oceans, mountains and Arctic environments. Vicki can help your audience break through their perceived limitations, thrive under pressure and gain the confidence they need to take their first steps towards a better future.

Vicki also runs immersive workshops as a standalone offering, or as a complement to her keynote, with a focus on 'being ready for anything'.

Key takeaways from the session:

- Understanding fear and how we can use our knowledge of basic neuroscience to undermine it and regain control to exploit opportunity.
- Navigating difficult relationships with others; 'emotional endurance'.
- How to perform under pressure, adaptation, mastering the mundane, prioritising 'fierce self compassion' and discovering your inner strength for self-resilience.
- Learn what resilience is and how we can build it through deliberate practice.
- The importance of momentum in everything we do.

If you have a specific area you'd like to explore, this workshop can be tailored precisely to your needs.



Previous work

With a track record of working with some of the UK's leading brands, Vicki has a history of inspiring companies to rethink challenges and uncover their secret 60%, delivered with a compelling mix of humility and grit.

Here are some of the companies Vicki has worked with in the past:



“Vicki is an accomplished speaker and an extraordinary adventurer. A fantastic addition to any speaking line up or as a stand out headline keynote. I’m gripped every time I talk to her. I’ve never met anyone more ready to face their fears than Vicki, or more able to turn those fears into strengths. She truly is an incredible person.”

Avanade Inc

“Vicki was great! It was really inspiring to hear her incredible journey and how she was able to transition from a fixed to a growth mindset. I can already see how I am personally going to utilise so much from the workshop and toolkit she delivered.”

AGS Healthcare

“Gritty, determined, inspiring... Vicki strikes the perfect balance between presenting a truly inspiring story of incredible achievement, while also engaging people in the most compellingly authentic and vulnerable way. This a rare quality and her powerful story is something we can all benefit from hearing.”

META

“I don’t think I’ve ever seen a room so engrossed in a speaker. Vicki was inspiring, engaging and exceptional. If anyone is looking for a world class speaker, take a look at her profile.”

Sports Business Connected

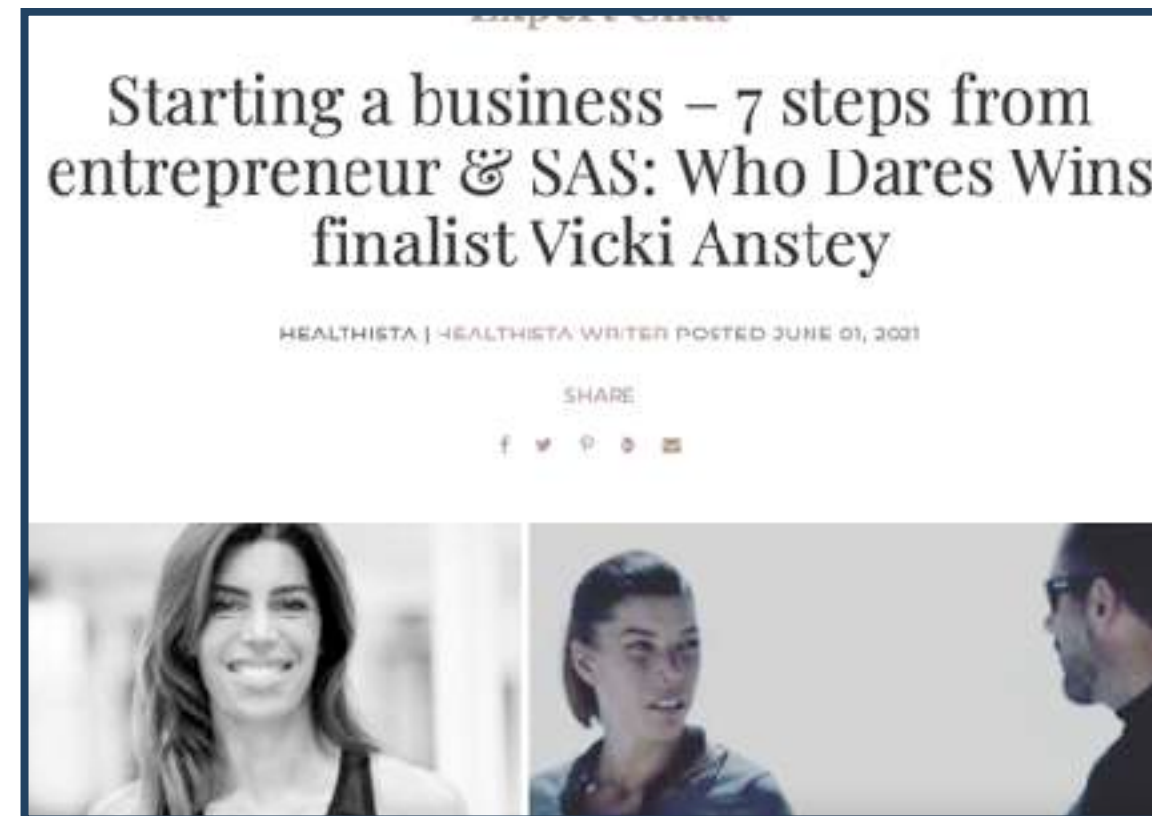
Watch, read & listen



CLICK TO WATCH



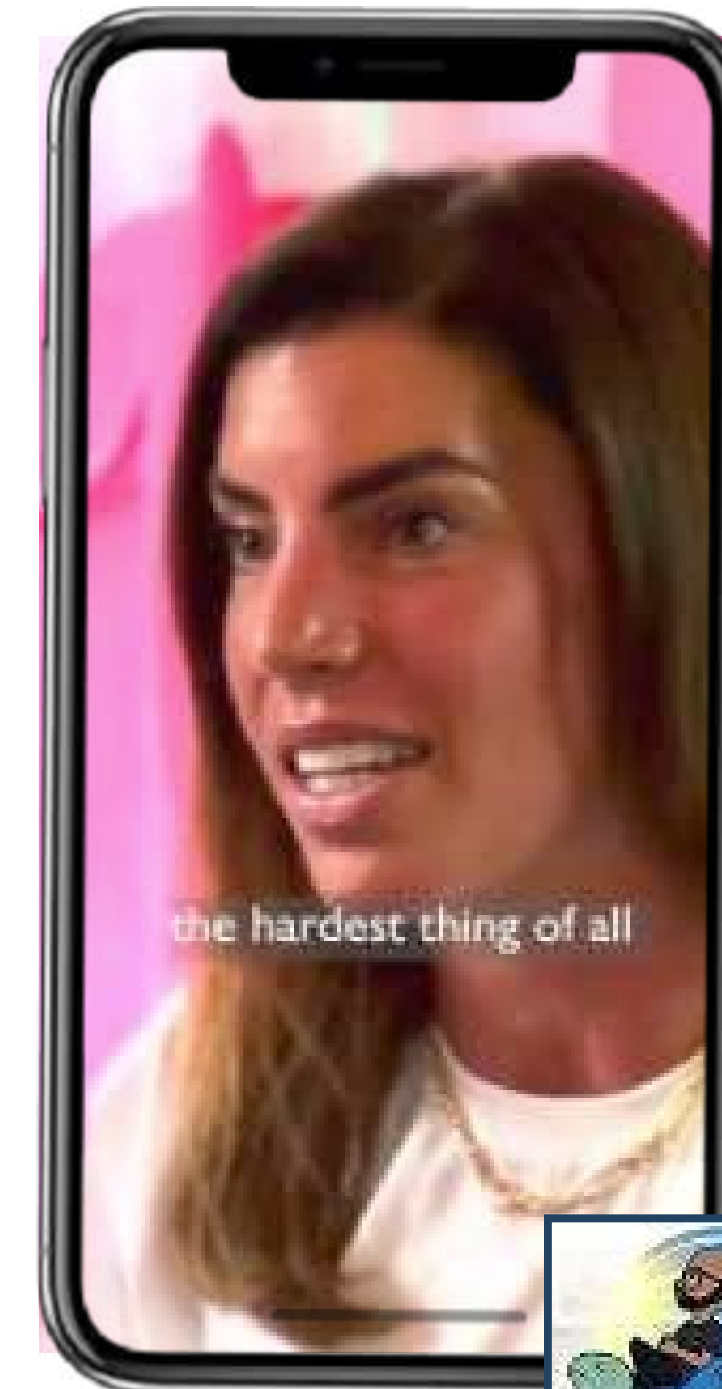
CLICK TO WATCH



CLICK TO READ



CLICK TO READ



CLICK TO LISTEN

To find out more about how
Vicki can help your
organisation...

vickianstey@me.com
www.vickianstey.co.uk

