

SILKEN LAUMANN

Olympian _ Inspirational Speaker
Author _ Child Advocate

Mental strength and courage can create a certain kind of magic, and Silken Laumann tapped into that magic in 1992 when she came back from a devastating accident only 10 weeks before the Barcelona Olympic Games, to win a bronze medal for Canada.

Today, the power of positive thinking, and the courage to embrace change and overcome obstacles make her life as a strong advocate for healthy active children and communities, and inspiring thousands of people in business and in life... simply magical.

Silken is a visionary and a leader whose story goes far beyond her own fabled Olympic moments. Whether in the world of sport where this four-time Olympian achieved the honour of being the fastest female rower in the world, Silken is most truly at home while sharing her stories, her wisdom, and her deep belief that we all have unlimited potential. Our greatest job is believing in our potential and finding the courage to become the leaders, the business people, the people that we are meant to be.

Silken is the President of her own company, Silken & Co. Productions, an electrifying speaker, a deep thinker, best-selling author of *Child's Play*; member of the International Board for Right To Play, and a Kids Champion for GoodLife Kids Foundation. Silken continues to be actively involved in sport for development and local community initiatives.

Silken's stories of courage, persistence, and practicality weave a tapestry of life that is inspirational and relevant to us all.

Silken will be speaking with David-Patchell Evans on Saturday, October 9, 2010 in a session titled "*Fitness in Canada*".

