



A bit about me....



Lizzie Simmonds
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After a number of junior successes, I qualified for my first senior team at the age of 15, and over the following twelve years would go on to win medals at the World Championships, Commonwealth Games and European Championships. I also competed at two Olympic Games.

Since retiring from professional competition in 2018, I've become fascinated with the psychology of human performance. I started to take a closer look at the systems and habits that lead to elite performance — things like drive and motivation, goal-setting strategies, managing pressure, and effectively navigating failures and setbacks. I realised that, whilst the context for performance may vary, the attributes that are conducive to success are not specific to one industry. This led me to start pursuing coaching and training in the corporate arena, and I've found a natural synergy translating the systems that were so familiar to me in sport, into a language that others can apply to their own goals.

I'm also really interested in health and wellbeing and the impact they have on performance—as an athlete it seemed so logical to prioritise mental and physical health but, in today's fast-paced world, I find many people feel guilty about putting their health before their never-ending to-do list! Since 2018, I've been facilitating workshops with a wide range of audiences on topics such as habit formation and stress management.

Alongside consulting and training in new industries, I still have a foot in the world of elite sport, and currently stand as the Vice Chair of the British Olympic Association's Athletes' Commission, bringing athlete perspective to Team GB objectives and initiatives. I'm particularly passionate about athlete wellbeing, mental health and supporting athletes through their transition out of sport at the end of a career. If there's one thing I've learnt through this journey it's that human challenges are universal!

"I once went viral on social media after tweeting about an interaction with a lady in a swimming pool!"

I've worked with....

- Wickes
- Urbanest
- Insight Technologies

Colleague View

"When I first started working with Lizzie I have to admit to being a little in awe of her sporting success, of putting her Elite Performance as the thing that defined her to me. Over the time we've worked together she has not only helped me to recognise that what we do isn't what defines us; she inspires everyone, me included, to look beyond just what they do, and explore the mindset and behaviours that will drive your success. "

Client View

"Lizzie delivered a fantastic workshop on stress management. She's funny and engaging but we were most impressed with the way she adapted the athlete mindset to the working environment. I came away from the workshop with increased self-awareness, a set of strategies to help manage pressure, and a renewed respect for elite athletes!"

My Swimming experience:

- Olympic Games: Beijing 2008 (6th), London 2012 (4th) 2008, 2012 World Championships: 2 x silver, 4 x finalist 2007, 2008, 2009, 2011, 2015
- European Championships: 2 x European champion, 2 x silver 2008, 2010, 2014 Commonwealth Games: 2 x silver 2010, 2014
- British Titles: 13 x gold, 8 x silver 2006 – 2016