

Biography

At just 15, I earned my place on the senior team, embarking on a twelve-year journey filled with triumphs at the World Championships, Commonwealth Games, European Championships, and two Olympic Games. My retirement in 2018 marked a shift toward a profound interest in human performance psychology. I began delving into the inner workings of success, examining factors like motivation, effective goal-setting, handling pressure and navigating setbacks.

I soon realized that these principles extended beyond the realm of sports, prompting my transition into coaching and training in the corporate world. Here, I have effectively translated the familiar systems from my athletic career into a universal language for individuals pursuing diverse goals. Alongside this, I've been leading workshops on topics like habit formation and stress management since 2018.

Despite this pivot, I maintain a connection to elite sports as the Vice Chair of the British Olympic Association's Athletes' Commission, where I advocate for athlete well-being and mental health. Through my journey, I've come to appreciate the shared nature of human challenges across different domains.



Lizzie Simmonds

Team Coach

Clients

- Wickes
- Urbanest
- Insight Technology
- Drax Group

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

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!”



[Watch Lizzie's YouTube Video](#)