

SJHS

Go for Gold in 2019

Years 7-13

Go for Gold in 2019

Who's this?

What did she achieve?





Dame Kelly Holmes MBE
Go for Gold in 2019

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1500m/800m running

Olympic Games

Gold x 2, Bronze x 1

World Championships

Silver x 2, Bronze x 1

World Championships

Silver x 1

European Championships

Silver x 1, Bronze x 1

Commonwealth Games

Gold x 2, Silver x 1



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Dame Kelly Holmes believes that we all struggle in one way or another but it is the lessons we learn from that struggle and what we do afterwards that is important.

Q. What are you struggling with at the moment?

Q. What targets are you finding difficult to achieve?



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Dame Kelly says that true 'champions' find ways to believe in themselves and work hard despite the challenges they face.

'I just happened to be a good runner and a hard worker who pushed myself and learnt to pick myself up when I failed'.

This is called

RESILIENCE



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Was life easy?

- Brought up in a children's home
- Mother was 17 when she was born
- Went to a foster family when she was 4
- Not academically strong at school
 - Joined The Army at 17
 - Self harmed
- Served in The Army for 9 years



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Even her journey in athletics, an area in life which she excelled at, was full of sizeable obstacles. Just like the things that we sometimes struggle with;

Stress

Self doubt

Anxiety

Worry

Set Backs

Injuries

Failure



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Her secrets to success;

DON'T HOLD BACK, GIVE IT ALL YOU HAVE

BE GOOD AT MANAGING TIME

WRITE DOWN YOUR DREAMS

LEARN FROM FAILURE

WORK HARD, WORK **REALLY** HARD

BELIEVE IN YOURSELF

THINK POSITIVELY

Q. Which of these are/aren't you doing to achieve your dreams?



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‘I very much believe that no matter who you are or where you’ve come from, you can fulfil your potential if you are prepared to work hard and always believe in yourself’.

