
ALEXANDRA PANAYOTOU

Renowned Endurance Runner

LONDON
SPEAKER
BUREAU



Topics

- Leadership
- Motivation

Alex has achieved things that most people deem extraordinary. She has been dealt obstacles many consider insurmountable, yet has overcome these with strength, optimism, persistence and determination. She has a story people consider worthy of sharing. Alex is someone others train to become.

Alex is an example of what she teaches, and her energy is unparalleled. In sharing her journey of transformation, obstacles and achievements she will show you that though we can't always choose what happens in our lives, we can always choose to face everything with a positive attitude. Her exceptional athletic achievements combined with her background in psychology, philosophy and sociology have helped create programs that both inspire and transform individuals and professionals.

Her global work with senior executives as well as professionals in the medical world has given her a reputation as an expert in sustainability and resilience.

Working with her unique method helps teams and individuals set and achieve their goals, develop their strengths and obtain realistic balance. She is in addition a charismatic international motivational and TEDx Speaker. During her 8 year athletic career, Alex ran more kilometres than many people have driven – including non-stop 400km and 315km solo endurance runs. During these years Alex developed her method and discovered the key tools and mindset that is needed to achieve greatness. In late 2017 her extreme running challenges were put in perspective when she was diagnosed with malignant breast cancer.

Practicing her own theory, and walking her talk, she turned a traumatic time into yet another opportunity for growth and development. Over the following year she underwent full chemotherapy, radiation and other invasive treatment. Throughout this time she focused fully on maintaining a healthy body and mind, and by summertime, while still undergoing treatment, she was back on the podium again.

Her story is inspirational and motivating. Overcoming obstacles and adversity with her positivity and energy shows us that if we approach life with the right attitude and are willing to change and adapt our behaviour and lifestyle, we can achieve more of our goals and live life to the fullest. Her approach when working with companies and clients develops motivation, positive attitude, resilience, and long-term achievement.