

ALEXANDRA PANAYOTOU

Renowned Endurance Runner

Alex Panayotou is a record holding extreme endurance runner.

Alex has run more kilometres than most people have driven. She started running late at 30 years old, and quickly reached championship level. In 2004 she came second in the Barcelona Marathon, and won many races before she turned to solo extreme distance running for charity. She is one of only about 5 women in the world who have run such distances and completed such challenges.

She is also an executive mentor who has worked with top firms such as Coca-Cola, Telefonica, ManpowerGroup, TNT, IESE, and ESADE helping them to reach their goals as companies, professionals, and as individuals.

Alex is a TEDx Speaker who is working on her second book about performance and mindset.

Attending one of Alex's sessions should be made an obligation for any aspiring, developing or experienced leader. The values, attitudes and behaviors that stand behind her pursuit of individual and team excellence are truly inspirational.



Prof. Markus Maedler
IESE Business School,
Barcelona, Spain

Alexandra is a captivating speaker and through sharing her own journey, motivated the audience to think bigger and expand their ideas of what is possible in their own lives. She is authentic and natural - something I hugely appreciate.



Founder WIN & WINConference

Alexandra Panayotou is one of the most inspirational guest speakers we have had the pleasure of hosting in our annual Coca-Cola Eurasia Africa Marketing Summit. Although referring to Alex as a "guest" feels somewhat out-of-place, as in her sessions we felt part of her world as much as she felt part of ours. Her time with us was interactive and mind-opening. Her personal story was extraordinary. The lessons she took away from her experiences as an ultra-endurance athlete were both provocative and reaffirming in how we think and behave both as leaders and team members, whether at work or play. She left us with a smile on our faces, with renewed passion and belief... in ourselves, our teams and what can be achieved when we put our minds to it."



EAG Marketing & CCL Director
Coca-Cola Eurasia & Africa Group