

Sally Kettle – Adventurer | Leader | Speaker | Coach

Short Biography

Sally Kettle is an adventurer, keynote speaker, coach, and a champion for women in leadership and sport. She made history as the first woman to row the Atlantic Ocean twice from East to West, once with the most unexpected crewmate, her mum!

Her gripping, often hilarious storytelling takes audiences on a wild ride across stormy seas, encounters with sharks, and the mental battles of extreme endurance. Sally doesn't just talk about adventure, she brings it to life, weaving in themes of resilience, teamwork, and the power of pragmatic leadership. A passionate advocate for active living and girl-led empowerment, she is the CEO of **The Active Pregnancy Foundation** and **Deputy Chief Guide for Girlguiding**, driving change for women and girls at every level.

Long Biography

Sally Kettle is no stranger to pushing limits. In 2003, an unexpected turn of events led her to row across the Atlantic Ocean with her mother, Sarah—a record-breaking feat that set the foundation for her future expeditions. But Sally didn't stop there. She went on to lead an all-female rowing team across the same treacherous route, facing disaster mid-ocean when a crewmate abandoned ship, a shark attacked, and their rudder broke in the worst recorded weather in 200 years. Against all odds, they made history once again.

Her book, *Sally's Odd at Sea*, chronicles these extraordinary journeys—raw, honest, and packed with lessons in leadership, resilience, and the messy realities of teamwork in extreme conditions.

Beyond the waves, Sally has sailed across the North Atlantic in a 68ft racing yacht, trekked the Pyrenees with British Armed Forces women, and delivered international humanitarian aid with ShelterBox. She has raised over **£500,000** for charities through her adventures.

As a sought-after **keynote speaker**, Sally has captivated audiences worldwide—from corporate leaders to schoolchildren—sharing insights on resilience, wellbeing, and human leadership in an increasingly digital world. She's also a BBC Radio 4 contributor and has filmed documentary pieces in the British Dependencies of the South Atlantic.

Championing Women in Sport & Leadership

Sally is an Associate Certified Coach (ACC), supporting teams and individuals to thrive in changing and challenging times. With a background in personal training, Sally worked with Olympic athletes at **London 2012** before co-founding **The Active Pregnancy Foundation** in 2020. As CEO, she's on a mission to support women to

stay active throughout pregnancy and beyond—a cause close to her heart following her own IVF journey and the birth of her daughter, Florence.

As **Deputy Chief Guide for Girlguiding UK**, Sally plays a pivotal role in shaping the future of the movement, ensuring that girls and young women are empowered to lead, explore, and challenge the status quo.

Sally lives on the stunning Llŷn Peninsula in North Wales with her husband, daughter and two dogs. When not on the road heading to speaking engagements, Girlguiding events or changing the system for pregnant and postnatal women, you'll find Sally hiking across Eryri National Park (Snowdonia), training for her next ultra marathon or getting a blister or two in a boat with her local coastal rowing club!