

Orla Chennaoui

Motivational Speaker

Orla in a few words

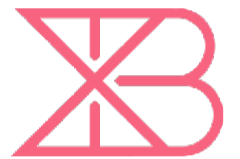
Orla Chennaoui is a multilingual TV sports presenter, host and journalist with experience working in both hard news and sport. In 2019 Orla became a lead presenter for Eurosport and specialises in cycling, presenting on location from multiple Tours de France, Giros d'Italia and Vuelta a Espana as well as three Olympic Games (London, Rio and Tokyo) and one Commonwealth Games (Glasgow). Orla hosts live events such as Rouleur Live, the Women in Sport Summit and corporate events for clients such as adidas, Yamaha and Ford. Away from presenting, Orla is a keen part time yogi, outdoor swimmer, and full time Mum.



Ten Times Braver

In early 2023, Orla launched a personal venture, **Ten Times Braver** - a community of support, events, motivational speaking and actionable wisdom to help people overcome the fears holding each of us back.

Orla is driven to spread the messages that she has learnt through her career, life and years of interviewing the most successful athletes in the world. This is embodied on Instagram **@TenTimesBraver** but is also brought to life through a passionate and personal motivational speech that she can tailor according to a client's requirements.



Make the most of everyday

Orla talks about her own career as a journalist and sports presenter, her journey to get there through battles with everyday sexism, anxiety and dealing with judgement, how she has found her way to not caring what others think while simultaneously craving acceptance and learning to completely trust herself. She talks about living life to its fullest, the spotlight effect and the Stoic philosophies including *Memento Mori* - the practice of remembering that we all must die.

Other topic areas which could be included, but are not limited to

- The neuropsychology of language, why our words matter and the psychology / philosophy of words as both facilitator and limitation of thought
- The pandemic of complaining - this also includes elements of the neuropsychology of language, as well as neural plasticity, leading to the importance of agency in life and recognising where we can take control
- Fear of failure in business, and beyond, and how it can be a force for good
- The science of having fun and why it matters
- The science of good habits and how to form them
- A practical introduction to meditation including a live session



Testimonial: Fran Millar, CEO of Belstaff

"As a people focussed organisation, we are always looking for new ways to engage our team in purposeful conversations about their own well-being and mental health. Orla provided a fresh, unique approach: authentic, empathetic but full of energy and power - the team came away buzzing and inspired."