

ANDREA PROSKE

Olympic Gold Medallist
Inspirational Speaker
Making Waves

Can you imagine walking away from a successful corporate career to pursue an Olympic sport you've never tried before?

That's exactly what Andrea Proske did when, at the late age of 27, she hit pause on her C-Suite ambitions to pursue rowing for Team Canada.

"Failing forwards" quickly became her motto as she faced setbacks, burnout, a serious motor vehicle accident, and a historic global pandemic and Olympic postponement. In only eight years, Andrea had transformed herself into a National Champion, two-time World Cup medallist, and Olympic Champion. At the 2020 Games, her Women's Coxed Eight crew won Canada's first gold medal in this event in three decades.

Andrea now shares her inspiring journey and high-performance tips in her Keynotes on:

- **Charting a New Course:** Facing uncertainty and navigating transition with Olympic precision
- **Rowing Together:** A Gold Medallist's guide to the "X Factor" of successful teams
- **Making Waves:** Achieving your own Olympic podium through small, purposeful actions

I look forward to helping help your team create your own gold medal moments!



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