

## Core Team



**Anna Hemmings MBE** is best known as Britain's most successful ever female canoeist, a two time Olympian with 11 world and European Championship medals to her name. Anna is adept at translating the lessons that she learned in sport into the business environment. In April 2003 Anna was diagnosed with chronic fatigue syndrome and was told by medical experts she might never race again. Anna learned a tough lesson in the dangers of losing the 'work-life' balance and the importance of health and happiness to your ultimate performance. Anna overcame the illness and went on to win a further 3 World titles in marathon canoeing and become an Olympian for the second time, competing at the 2008 Olympic Games in Beijing.



**Dr Dorian Dugmore** (PhD Cardiovascular Medicine) is a world leader in cardiovascular health and wellness. In 1997 he pioneered a new concept in preventative medicine and wellness at the A didas headquarters in Stockport. His programmes have won world and European Best Practice awards for corporate wellness. Dorian has been working in Cardiovascular Medicine and Wellness for 30 years and has written extensively on health, exercise and heart disease. He currently leads a unique programme monitoring the health and fitness of over 120 Football League Managers called 'Fit to Manage', as featured on "Tonight with Trevor McDonald".



**Neil Templeton** has over 20 years senior management experience with blue chip organisations in the Telecoms, IT and Professional Service sectors. Before joining the Beyond the Barriers team, Neil was Marketing and Business Development Director on the board of international law firm Berwin Leighton Paisner.