

Nicola Adams OBE

In conversation with Nicola Adams OBE and Martin Geissler, Broadcaster, BBC Scotland

A true champion in every sense of the word, Nicola overcame both injury and adversity early in her career: she fought back from a career-threatening injury in 2009 to win a silver medal at the 2010 World Championships and gold at the European Amateur Championships, subsequently qualifying for London 2012. Nicola was the first English woman to be awarded a medal in the 2008 AIBA Women's World Championships and she was the first ever English female to earn a medal in a major tournament at the European Championships in 2007 winning silver. In this inspiring and empowering interview, Nicola will speak powerfully about coping with stress and handling emotions.

Speaker Bio: Former professional boxer and winner of the first ever Olympic Women's Boxing Gold Medal, Nicola Adams is Great Britain's most successful female boxer of all time. As the only female boxer in the history of the sport to have won every major title available to her; Olympic, World, European and Commonwealth, through adversity Nicola inspires audiences with her incredible story and insights.

