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Three Time Olympic Gold Medalist - NHL Analyst

<https://www.kmprod.com/speakers/jennifer-botterill>

Bio

Jennifer Botterill is one of Canada's most successful athletes. A member of the Canadian Women's Hockey Team for 14 years, she is a three-time Olympic champion, CEO of two companies, and an in-demand NHL analyst in both Canada and the US, regularly appearing on CBC's *Hockey Night in Canada*. When she is not sharing her knowledge and expertise of sport on air, she is empowering others to pursue excellence as an engaging keynote speaker and peak performance coach.

A graduate of Harvard University, Botterill is the only two-time winner of the Patty Kazmaier award, which honours the top player in women's college hockey. Botterill debuted for the national team in 1997 and was named to the first ever Canadian Olympic women's hockey roster in 1998. Throughout her collegiate career and beyond, Botterill amassed 17 gold medals for Canada. She is a four-time Olympic medalist (with three gold medals), a five-time World Champion, and was named MVP of the World Championships twice.

Botterill is the only NHL analyst to appear on national networks in both Canada and the US. She kicked off her broadcast career in 2011 covering the Women's World Championships for TSN. Since then, she has worked with MSG Network, providing analysis for the New York Islanders; with CBC on *Hockey Night in Canada* and as part of their Olympic broadcast team; and Sportsnet, joining their *Hometown Hockey*, *Wednesday Night Hockey*, *Hockey Central*, and *Hockey Night in Canada* broadcasts. She is also a part of the highly anticipated broadcast team

for Turner Sports' NHL on TNT coverage for the 2021-2022 season, and was part of NBC's first-ever all-women NHL broadcast team in 2020.

In addition, Botterill is the CEO of Excel in Life Inc. and Journey to Excel Inc., where she continues her pursuit of excellence while inspiring and coaching others. She also sits on the board of directors for CCM Hockey and is an ambassador with Right to Play.

Botterill was awarded the Order of Manitoba in 2006 in recognition of her commitment to giving back to her community. She frequently works with charity organizations, including Special Olympics, KidSport, Children's Wish Foundation, SickKids Hospital, Can Fund, Hockey Canada Foundation, and the Canadian Cancer Society.

Topics

Virtual & Live Keynotes

Why Not You? How to Excel in Life and Business

Jennifer focuses on how to reach new levels of excellence in your personal and professional life. She addresses the importance of setting high standards for yourself in every capacity. Jennifer provides tools that her audience can start to apply on a daily basis. She encourages an approach for sustainable excellence, and provides techniques on how to perform at your best on a consistent level. Jennifer shares techniques to help with preparation and she discusses the critical importance of time management. She helps people to strive towards their ideal performance state and to take a 'no regrets' approach to each day. Jennifer wants every person to think about the lasting impact that they would like to create in their lives, and she will help them to achieve this.

Resiliency - Thriving in a Changing Environment

The path that we face isn't always as we may have imagined. Jennifer addresses the benefits of adapting to change. We have a choice to make every day, and Jennifer demonstrates how we can learn to shift our perspective to make the most of our environment. Jennifer shares stories and messages that have helped her on her evolving path through life, sport and business. She provides examples on how we need to do things differently to get better results that we have in the past. Jennifer shares ideas on how to be productive and efficient in every way. She teaches how to control potential distractions and how to maintain a strong level of focus. She encourages people to strive towards new excellence - in any environment.

Teamwork - The Journey to Success

Jennifer has decades of experience in various team settings! She recognizes the value of teamwork and shares lessons that have been the most valuable. Jennifer demonstrates the benefits of bringing out the best in those around you. She helps teams and organizations to create a positive culture. Each person has an attitude that has the potential to be very

contagious. She knows that it can be extremely helpful to create healthy competition and to embrace a positive rivalry in many situations. Each role within a team is equally important, and Jennifer teaches how to shift your perspective to help the group to succeed.

Additional Virtual & Live Keynotes:

Sustainable High Performance

Jennifer Botterill engages people on how to approach life with a new standard of high performance. She shares strategies on how to not only make it to the next level, but to excel when you get there. She provides techniques to perform at this high level on a consistent, daily basis. Jennifer identifies tools on how to facilitate sustainable high performance in a variety of settings.

Pursuing Excellence

Jennifer Botterill's personal motto has been to pursue excellence in all areas of her life. From Harvard University to Olympic gold medals, to World Championships, she has learned many lessons on what it takes to achieve along the way.

From a no-regrets approach of "never having to say I wish I would have," to asking yourself "why not you?" when considering the opportunities success can bring, Jennifer encourages those around her to strive for a new standard of excellence in everything they do.

Performance Under Pressure

Jennifer Botterill is no stranger to performing under pressure. Whether on the ice during Olympic hockey games, or in front of the camera as a television sports commentator, Botterill has learned the value of preparation and focus when it comes to quelling nerves when the pressure is on to succeed. In this talk, Jennifer shares her stories and advice for anyone seeking to perform at their best under even the most stressful of circumstances.

Well-Being & Mental Health

Jennifer Botterill addresses the importance of awareness in the field of emotional wellness and mental health. She shares some personal stories regarding her experience with mental health issues and the value of support networks

Additional Services:

Performance Coaching / Corporate Training

Do you want to take productivity to a new level? Do you want to find new levels of effectiveness and take a 'no regrets' approach to your life? Jennifer is a performance coach and executive

trainer. She coaches individuals and small groups to help everyone find their peak potential.

Elements of Jennifer Botterill's coaching and training include:

- goal setting
- daily habits
- perspective
- choices
- preparation
- recovery windows
- impact
- no regrets
- team first
- contagious attitude
- resiliency
- overcoming challenges

Corporate Team Retreats [\[morelink\]](#)

To inquire about Jennifer Botterill's date availability & [booking Jennifer Botterill contact us](#).
Serious, booking-related inquiries only.