



Anna Geary **Title:** “What doesn't challenge you, doesn't change you”

Anna Geary is a Broadcaster, Athlete, Columnist and qualifying life coach. The former All Ireland winning Camogie captain is well known for her successful career on the pitch and also as a former Cork Rose in 2014.

Since retiring from intercounty camogie, the Cork native regularly features on TV and Radio in the areas of sport & health. She was the winning coach on the popular RTÉ One's television programme "Ireland's Fittest Family". Additionally, she is the face of a health and fitness slot for RTÉ One's Today show. She is also a Sky Sports Living for Sport Athlete Mentor. Currently she is an ambassador for the Healthy Clubs Project.

With a degree in Business from UL, a Post Grad in PR & Communications and qualifications in the areas of leadership & performance, she spent 7 years in the corporate world before bravely changing her career direction. In 2015 Anna received a UL Alumni award for outstanding achievement in sport by a UL Alumni. With over 20 All Ireland medals, including 4 senior with Cork and 3 Senior Club titles with Milford too, she draws her experience from a variety of areas.