

**Dr Ann Quinn, Peak Performance Specialist
CEO of Quintessential Edge, International Speaker and Author**

From Grand Slams to Gold Medals and World Champions, Dr. Ann Quinn has a long track record of creating Winners. She is the CEO of Quintessential Edge and a highly respected professional speaker who has travelled the world lecturing on 6 continents and in more than 30 countries. In addition to inspiring athletes to achieve their greatness, she also coaches aspiring high achievers all over the world to conquer their stress, get energised, build a winning mindset and connect to the power of their Extraordinary minds.

Her career and experiences have been varied and extensive and she has lived and worked in the US, Australia and the UK. However, it is tennis that has always been her passion. From Health and Fitness Director of the famous Nick Bollettieri Tennis Academy in Florida, to more than ten years on the ATP and WTA tours training professional players, she then became the National Director of Coach Education at Tennis Australia before moving to London to take up the position of Head of Sports Science and Innovation at British Tennis. She also spent 8 years teaching Performance Psychology at the University of Melbourne, and as part of her own consulting business has coached executives in senior positions all over the world.

The athletes she has worked with include Pat Cash (whom she coached to his Wimbledon crown), Pat Rafter, Australian Cricket Team members, an Aussie Rules National Team, World Boxing and Kickboxing Champions and multiple Paralympic Gold Medalists, including Shingo Kunieda, who has won 50 Grand Slams and 4 Gold Medals.

Dr. Quinn has a diverse academic background. Her PhD is in Psychology (University of Melbourne), M.Sc. in Exercise Science (University of Illinois), B.App.Sc. in Human Movement (RMIT), Dip.Ed. (Melbourne) and Dip. Nutrition (London). She has been honoured with many awards including the International Tennis Federation (ITF) Award for services to the game in coaching, the Australian Sports Medal, the Professional Tennis Registry Plagenhoef Sport Science Award, the National Strength and Conditioning Association, Strength and Conditioning Coach of the Year for Australasia and has been inducted into the Tennis Coaches Australia – Victoria Hall of Fame.

She has been a member of various International Coaching, Sports Science and Sports Medicine Commissions as well as the WTA Professional Development Panel for over 20 years. She has also co-authored and edited several coaching books and publications, and her own book, *“How to be an Extraordinary Athlete, Secrets to Sporting Success”* is internationally acclaimed.

Her unique background has helped her clients achieve outstanding success – over 60 Grand Slams, 9 Gold Medals, and multiple World Champions. More importantly, it is the personal lives of these athletes that have been transformed forever. Now one of the world’s most respected mindset coaches, she is dedicated to empowering her clients to truly believe in themselves, so that they can achieve their dreams and Be Extraordinary.

Contact Details

Dr Ann Quinn
Peak Performance Specialist
Phone +61-0402-034-509
Email ann@annquinn.com
Web www.annquinn.com
