



STEAMSHIP MUTUAL

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Crista Cullen - Olympic Champion visits Steamship London

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At Steamship we have many lectures and presentations from industry experts, most are on topical maritime or legal issues. From time to time we invite speakers to talk about wider issues and on 5 September 2019 we were lucky to hear an inspirational presentation from Olympic Gold Medal winner Crista Cullen. Crista was part of the Great Britain women's hockey team at the Beijing, London and Rio de Janeiro Olympic Games, winning bronze in London and gold in Rio.

Inspiration can be found in many sources but people with experience are able to offer valuable insights into performance. Being part of a team is an important feature of our working lives and the teamwork aspect of P&I has been emphasised in Steamship Mutual's popular [Team Effort](#) mobile App.

Crista Cullen spoke of her preparation, training, hard work, setting of goals both in terms of an individual's performance and how this relates to being part of a team. Crista's background in the sporting arena is different from most of ours, yet it was interesting to hear how the performance of an individual is important to a team and how individual endeavour enhances both the team and the individual.

Crista's sporting achievements are impressive as is her work with the [Tofauti Foundation](#), a charitable organisation aiming to make a difference to Africa's wildlife and communities.

Afterwards Crista joined Steamship's staff for a reception and was proud to display her Olympic gold medal.

Our thanks to Crista Cullen for her inspiring and thought provoking presentation.



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