DANA VOLLMER

Short Bio:

As the fourth most gold-medaled female swimmer in US history, Dana Vollmer knows what it takes to achieve success on the world's biggest stage—and how to maintain that level of excellence over the long term. In her 19-year swimming career she competed in 3 Olympics, broke 6 world records, won 7 Olympic medals (5 gold), and won 32 international medals.

Dana received her Bachelor's degree in Anthropology from the University of California, Berkeley. She serves as the Sports and Wellness Programming Specialist at ELS Architecture and Urban Design. And she's the founder and CEO of Dana Vollmer, LLC. Dana now travels the world teaching businesses, sports teams, and other organizations a new approach to self-development that empowers them to achieve personal growth and long-lasting success.

Learn more at **www.danavollmer.com**.