



SAMANTHA ARSENAULT LIVINGSTONE, OLY.

GOLD MEDALIST + HIGH-PERFORMANCE COACH + SPEAKER

BIO

Samantha Livingstone is an Olympic Gold Medalist, transformational speaker, high-performance professional, recovering perfectionist and mama of four girls. After six years in the classroom and a traumatic experience involving her daughter, Samantha took a leap into the world of entrepreneurship to pay forward all she's learned about achievement, rising from failure and finding happiness.

Today, Samantha helps athletes, coaches and leaders cultivate the habits, mindset shifts and skill set needed to quiet the noise, release the grip of fear and step unapologetically into their light so they can achieve AND feel fulfilled along the way - in the athletic arena and in life. She holds a master's degree in education and is the founder of Livingstone High Performance, LLC. and the Rise Free Academy.

SPEAKING EXPERIENCE

Samantha is an engaging public speaker who has more than 19 years of experience, which includes her TEDx Talk: *The Weight of Gold: An Olympian's Path to Recovery*. She's been featured as a keynote, expert panelist, workshop facilitator, and seminar leader.

Samantha customizes her presentations and workshops to meet the needs of the audience she's serving, weaving together current research with the power of story. Samantha has worked with high school and collegiate students and student-athletes; school districts; athletic departments; women in business groups; wellness entrepreneurs; and governing organizations, most notably, USA Swimming.

FEATURED BY:



TOPICS

Some of the topics Samantha speaks on most often include:

- Cultivating High-Performance by Honoring the Whole Athlete
- Journey to Olympic Gold | The How's
- Permission Slips for High-Performance
- Staying in Your Lane
- Clearing Blocks + Rising Free
- BRAVE Leaders



EXPERTISE

- High-Performance
- Navigating Feedback
- Mindful Leadership
- Cultivating Confidence
- Vision Planning
- Team Culture
- Mental Wellness
- Mindful Sports Performance
- Perfectionism
- Growth Mindset
- Resilience
- Courage

SOCIAL MEDIA



Samantha Arsenault Livingstone
www.fb.com/slivingstonewellness



Samantha Arsenault Livingstone



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Keynotes & High-Performance Deep Dives

Testimonials

"Samantha brought courage, light and honesty to our Women's Leadership Summit. She bravely shared her story and gave others the permission to feel. Her vulnerability created a safe space where our coaches could really connect and grow. We will definitely be having Samantha join us again at future events!" -Morgan Weinberg, USA Swimming

"Sam's story while unique and powerful was made relatable to all of our lives. She offered all of us opportunities to "rise" from our stories."

"Sam Livingstone was invaluable to our team. She challenged us to dive deep and explore who we are as individuals and as a team. Sam's open and approachable demeanor allowed us to be our true selves, and to engage in important conversations. Sam is not only relatable and engaging, but is also incredibly empathetic to the challenges of the modern-day athlete. We are so thankful to have Sam as a resource moving forward."

-- Alice Lee | Head Coach, Williams College Lacrosse



**WHEN WE FOLLOW OUR DREAMS,
WE DISCOVER THE MAGIC WITHIN OURSELVES**

We Soar

We set ourselves free to live our dreams.

And. The path is far from linear.

We will fall. We will feel. We will face fear. And self-doubt.

The noise will get loud. Inside our minds. And out there.

We may not be able to control what challenges are thrown our way.

We CAN control how we respond.

Our power is in the rising.



DYNAMIC

ENGAGING

RELATABLE

PASSIONATE

POWERFUL

About Samantha

Samantha Livingstone is an Olympic Gold Medalist, transformational speaker, high-performance consultant and coach and entrepreneur -- and a recovering perfectionist and mother of four girls. After six years in the classroom and a traumatic experience involving her daughter, Samantha took a leap into the world of entrepreneurship to pay forward all she's learned about achievement, rising from failure *and* finding happiness. Today, Samantha helps athletes and leaders cultivate the habits, mindset shifts and skill set needed to quiet the noise, release the grip of fear and step unapologetically into their light so they can achieve AND feel fulfilled along the way.

Samantha and her husband, Rob, are the founders and owners of Livingstone High Performance, LLC. and Livingstone Speed Academy, LLC., providing high-performance consulting and coaching, sports performance training, and empowerment / mindset training globally.

As founder of the Rise Free Academy, an online learning community grounded in growth, authenticity and accountability, Samantha weaves together her skill set and passion to provide members live coaching and access to eight modules so they can learn how to cultivate the courage, compassion, clarity and resilience needed stand in their truth, fully aligned and live unapologetically free. The Academy is for high achievers who are ready to quiet the noise and release all that's no longer serving them - opening space for deeper joy.

Samantha was a member of the U.S. National Swimming Team, 1999 U.S. Pan Pacific Team and 2000 U.S. Olympic Team. As an 18-year-old, she stood atop the Olympic podium in Sydney, Australia after swimming the lead-off leg of the record-setting 4 x 200 Freestyle Relay. Post-Olympics, Samantha battled an eating disorder, depression and shoulder surgery. With the help of an amazing mentor, she rose from the rubble stronger, happier and healthier, ending her career as a 7 x NCAA All-American. To close out her career, Samantha led her teammates to the 2005 National Championship title as the co-captain of the Georgia Bulldogs.

She was named the 2005 NCAA Georgia Woman of the Year and is a recipient of the 2005 NCAA Top VIII Award given to student-athletes for their success on the fields and courts, in the classroom and in the community. She earned the Joel Eves award at the University of Georgia for earning the highest GPA of all student-athletes in her graduating class and was named to the CoSIDA Academic All-America 1st Team. She was a recipient of post-graduate scholarships from both the SEC and NCAA.

Samantha resides in Berkshire County, Massachusetts with her husband and four daughters. She is a mama of multiples, and a mama of a heart warrior, as well as the wife of a coach and entrepreneur.

You can learn more about Samantha and her offerings at www.samanthalivingstone.com.

