

THE ART OF TURNING THE TIDE

CARINA BRUWER

International
Keynote Speaker

Reinvention, adaptability and human performance – for a world that won't stop changing.

A high-impact keynote helping leaders and teams navigate uncertainty, pressure and rapid change through lived experience – three decades of competing, creating and building across elite sport, music and entrepreneurship

CLIENTS INCLUDE



ABOUT CARINA

Carina Bruwer is a sought-after keynote speaker, entrepreneur, internationally acclaimed musician and one of Africa's most accomplished open water marathon swimmers. Through three decades of performing, competing and building in high-pressure environments, she has developed a distinctive perspective on resilience, reinvention and human performance under changing conditions.

From global stages and record-setting ocean swims to ventures spanning entertainment, media and technology, Carina's work explores what it takes to adapt, lead and stay creative when certainty disappears.

FEAR IS NOT A FACT

Carina Bruwer

"Best speech ever"
Novartis

*"Deeply inspirational,
actionable, energizing"*
Old Mutual

"10 out of 10"
BestMed

LEADERSHIP • REINVENTION • RESILIENCE • ADAPTABILITY • BREAKTHROUGH



WHY THIS KEYNOTE

Markets, technologies and operating environments are changing faster than most organisations can adapt. The question is no longer whether things will change – it is how leaders and teams sustain clarity, energy and excellence while they do.

Carina helps organisations answer that question through three decades of competing at the highest level: as an international athlete, a recording artist with 2,000+ performances across 20+ countries, and the founder of multiple creative and innovation-driven ventures – most recently Gigster, a technology-enabled platform modernising the events industry.



KEY TAKEAWAYS

Navigating uncertainty

A practical framework for staying decisive, adaptive and creative when conditions keep changing

Pressure into Performance

How high performers turn pressure-filled moments – pitch, stage, scoreboard or market – into their best work

Reinvention as a Discipline

How elite performers rebuild themselves repeatedly without losing identity or momentum.

Creativity Under Constraint

Why complexity, uncertainty and limitation can become powerful drivers of innovation.

The Times CNN EuropaSur ENCA Sports Illustrated DAILY MAVERICK The Guardian

"Carina's message on resilience, adaptability and human potential made a massive impact on our audience". JULIET WELSH, We Buy Property

"One of the most unique and impactful keynote experiences we've had at a corporate event". VANESSA BAYERS, The Source Solutions

"Carina captivated the room with a rare combination of authenticity, insight and world-class performance." GRANT LITTLE, Anthesis



WATCH THE SIZZLE REEL



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