



Short Bio

Carina Bruwer is one of Africa's most decorated female open water marathon swimmers, an internationally renowned musician, award-winning entrepreneur, and mother of three. Known for boldly venturing where most do not — in the ocean, in business, and in life — Carina inspires and motivates audiences with powerful stories of courage, transformation, and resilience.

Her ultramarathon swimming career includes iconic crossings such as the English Channel, Gibraltar Straits, False Bay, Walker Bay, Bonifacio Straits, and Messina Straits, along with dozens of pioneering firsts and record-breaking swims. A nominee to the International Marathon Swimming Hall of Fame and ranked among the World Open Water Swimming Association's "Top 50 Most Daring, Courageous and Audacious" swimmers worldwide, she founded Swim For Hope in 2014, raising over R1 million for South African causes, plus millions more in media value.

Beyond the water, Carina has built a trailblazing career as a musician and founder of the instrumental supergroup Sterling EQ, revolutionising instrumental music in South Africa and performing on global stages with world-renowned artists. As an entrepreneur, she has successfully launched and led multiple businesses across entertainment and media.

As a keynote speaker, Carina captivates audiences worldwide with authentic, engaging storytelling, addressing resilience, leadership, innovation, change, and achieving beyond perceived limits. She has delivered keynotes for companies and organisations including Momentum, YPO, Woolworths, ABSA, Sanlam, FNB, PSG, NinetyOne, DBS Bank, Haleon, and Women in Tech.

With her unique blend of passion, authenticity, and humour, Carina inspires individuals and teams to push beyond boundaries, embrace change, and strive for excellence in every sphere of life.