

Diana Nyad – Speaking Topics

Speech Topic: What Swimming 110 Miles in Shark-Infested Waters Taught Me About Teamwork

At the age of 64, Diana Nyad emerged onto the sands of Key West after swimming from Cuba to Florida in an epic feat of both endurance and human will.

From the dedicated crew who navigated the waters to the expert nutritionists who fueled her body to the motivational coaches who kept her spirits high, Diana credits her success to the unwavering synergy of her team.

In this conversation, Diana shares powerful examples of teamwork from her years-long pursuit of this goal while also discussing how to assemble a high-performance team and how to face challenges with a resilient mindset.

Speech Topic: Never, Ever Give Up

At age 60, having not swum a stroke in decades, Hall of Fame swimmer Diana Nyad began planning for her white whale of distance swims: the 110-mile ocean crossing between Cuba and Florida. She'd tried it once, in her 20s, and severe jellyfish attacks had defeated her then. With a new commitment to her vision, she attempted it again and accomplished this incredible feat 30 years after she failed to complete it before.

In this moving conversation, Diana shows us that it is never too late to chase our dreams and shares the key steps we all need to take in order to accomplish our goals, no matter how big.