



CARINA BRUWER

Motivational speaker

extreme swimmer | musician | entrepreneur

www.carina.co.za

     @carinabruwer

Carina Bruwer is one of Africa's most decorated female open water marathon swimmers, an internationally renowned musician, a successful entrepreneur and a mother of three. Known for boldly going where most do not - in the ocean, as well as in business and life - Carina inspires and motivates audiences through her incredible stories of courage, transformation and altruism.

"I KNOW YOU CAN NEGOTIATE WITH FEAR TO ALLOW YOU TO SHOW UP IN THIS WORLD, BECAUSE I HAVE TO DO IT EVERY DAY"

Carina's extensive ultramarathon swimming resume includes crossing the 36km English Channel, the Gibraltar Straits, False Bay, Nelson Mandela Bay, Walker Bay, Bonifacio Straits, Messina Straits, Triple Country (France - Monaco - Italy), Robben Island and dozens more, with most of her swims being firsts and/or record breaking feats. This International Marathon Swimming's Hall of Fame nominee who was also ranked as one of the World Open Water Swimming Association's "Top 50 Most Daring, Courageous and Audacious" open water swimmers in the world, founded Swim For Hope in 2014, in order to raise funds and awareness for South African organisations that she supports, through her swimming challenges. The project has raised over R1 million since its inception, and millions more in media value.

Carina's music career has been equally trailblazing: striking a delicate balance between precision and rule breaking, she developed a new style of performance which changed the face of instrumental music in SA and beyond, and took her across the world, performing on international stages and with global icons. Following the same formula of innovation, she has founded a number of businesses, all of which have become pillars in their respective industries.

DAILY MAVERICK
oceanographic



Sports Illustrated



GLAMOUR SHAPE
COSMOPOLITAN

KEYNOTE: "AGAINST THE CURRENT"

A powerful, inspirational and entertaining keynote in which Carina Bruwer takes the audience on a journey through the extremes of challenging her own human and professional limits, in pursuit of progress and altruism.

From turning a musical vision into reality against all odds, to brushing with death in pursuit of a childhood dream; from building a sustainable business from the Covid ashes, to marathoning through shark infested waters to feed starving musicians; and from breaking world records to standing strong against injustice in the face of the threat of losing her own home, Carina's real-life stories require no embellishment.

Through personal analogies, she shows with great effect how and why our imagination is our strongest asset, how to mediate with fear in order to manifest the ideas which may seem beyond our capacities, and how to continually access the strongest version of yourself to be able to confront life's adversities. The audience walks away with new tools to navigate a life and time where so much seems beyond our control, and to (re)discover their purpose and show up in a way that benefits their work, themselves, and those in their orbits.



“ Thank you for your powerful and inspirational message and your story, and thank you for everything you are doing quite far outside of your own self, for others. It's a story worth telling again and again - **Grant Butler, Heads2Gether Conference 2022**

We absolutely loved Carina; the audience and our guests rated her an average of 10 out of 10! **Elmarie Jooste, BestMed Women Luncheon**

We all felt inspired. So many golden nuggets to take home and make use of and apply to their own situation. **Ilse Opperman, NinetyOne**