

ERICA LUSH

WWW.LUSHSAILING.COM

- OFFSHORE SAILOR
- LEADERSHIP SPEAKER
- ADVOCATE FOR
WOMEN IN SPORT



ABOUT ERICA

Erica Lush is an American offshore sailor based in France, competing in one of the world's most demanding racing environments.

With more than 80,000 offshore miles, including a circumnavigation, she has forged a career in a sport where women remain underrepresented.

Drawing on experiences from the open ocean, Erica inspires audiences to build resilience, make confident decisions under pressure, and discover what's possible beyond their comfort zone.



➞ **Signature Topics**

NAVIGATING UNCERTAINTY:

**PERFORMANCE UNDER
PRESSURE:**

**BUILDING A GROWTH
MINDSET:**

**LEADERSHIP
& TEAMWORK:**

**MENTORSHIP & MINORITY
PARTICIPATION:**

➞ **Audience Takeaways**

How to make confident decisions when certainty doesn't exist.

Managing high stress situations in unpredictable environments.

Reframe "Failure." Adaptive goal-setting and building resilience.

Key takeaways on team dynamics and leadership styles – crucial when confined to a boat on the open ocean.

How to carve a path for yourself and others, where it doesn't already exist.

CONTACT

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