

Adrienne Herbert

Podcast host, global adidas ambassador & international speaker

BIOGRAPHY

Adrienne is a leading wellness professional, international TEDx speaker, Podcast Host, Author and marathon runner. Adrienne is the epitome of the modern digital entrepreneur, and she is also Director of Innovation and Performance at the UK's leading fitness app Fiit. Adrienne has delivered talks and workshops for brands such as Apple, Barclays & WeWork, to motivate and empower their employees.

Adrienne is best known for her weekly podcast 'Power Hour' that has over 1.4 million downloads and is rated 5* on iTunes. Previous guests include Trevor Nelson, Fearne Cotton and Tom Daley. She has just released her first book by the same title, which was published in December 2020 by Penguin Random House.

Stylist described Adrienne as 'A motivational powerhouse' and British VOGUE named her as a 'New face of wellness.'

Adrienne is also a mum to 9 year old son, Jude, so she knows the reality of blending parenting, working, training and living. She believes that ordinary people can achieve extraordinary things and she is on a mission to help you reach your goals.

