



Facilitator, Keynote Speaker, Coach and Retired Paralympian

BPSS cleared, over 20 years' experience as a keynote speaker and masterclass facilitator. Eight years of personal/business coaching.

Athens 2004 Paralympics – Silver Medal, Atlanta 1996 Paralympics – Bronze Medal, World Champion – 1995 & 4 x European Champion

Biography and Professional Background

I am a retired Paralympic medallist with extensive experience in staff development, specializing in Leadership Skills, Resilience, and Disability Awareness. Over the years, I've had the privilege of supporting a wide range of organisations through keynote speeches, group facilitation, and coaching at events, conferences, and training sessions.

Losing most of my eyesight as a baby due to Retinoblastoma, a rare form of eye cancer, I faced early challenges, including teasing due to my disability and appearance. It wasn't until I took up Judo at the age of seven—encouraged by my parents—that I began to build self-esteem. This journey not only led me to Paralympic success but also laid the foundation for my lifelong work promoting disability awareness and equity, diversity, and inclusion (ED&I) in the workplace.

My experience as a Paralympian fuels my passion for helping people at all levels of business to develop their leadership skills and embrace the mindset of continuous improvement. My dynamic, engaging, and humorous approach as a speaker and facilitator inspires, entertains, and motivates participants to take meaningful action.

Alongside a 22-year international sporting career, I developed a successful 20-year career in IT sales, followed by running my own business. Today, I apply the resilience, goal-setting strategies, and pursuit of marginal gains I honed as an athlete to my work as a keynote speaker and facilitator, providing business advice rooted in both professional and personal experience.

I offer an authentic perspective on disability, resilience, and high performance, sharing insights from my own journey. My ability to inspire and drive change, foster a winning mindset, and engage others with my story and expertise makes me a valuable partner for organisations committed to achieving excellence.

I take pride in building strong connections with participants and creating a balanced, challenging learning environment in my masterclasses. I specialise in helping organisations deliver impactful workshops on Leadership Skills and Disability & Inclusion Awareness, with a focus on driving real, measurable outcomes.

Since 2004, I have worked across diverse sectors, including finance, manufacturing, law enforcement, and government. My clients and consultancy projects include the Civil Service Learning framework, the Metropolitan Police, Police Scotland, and Finastra's global leadership programme, among others.

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