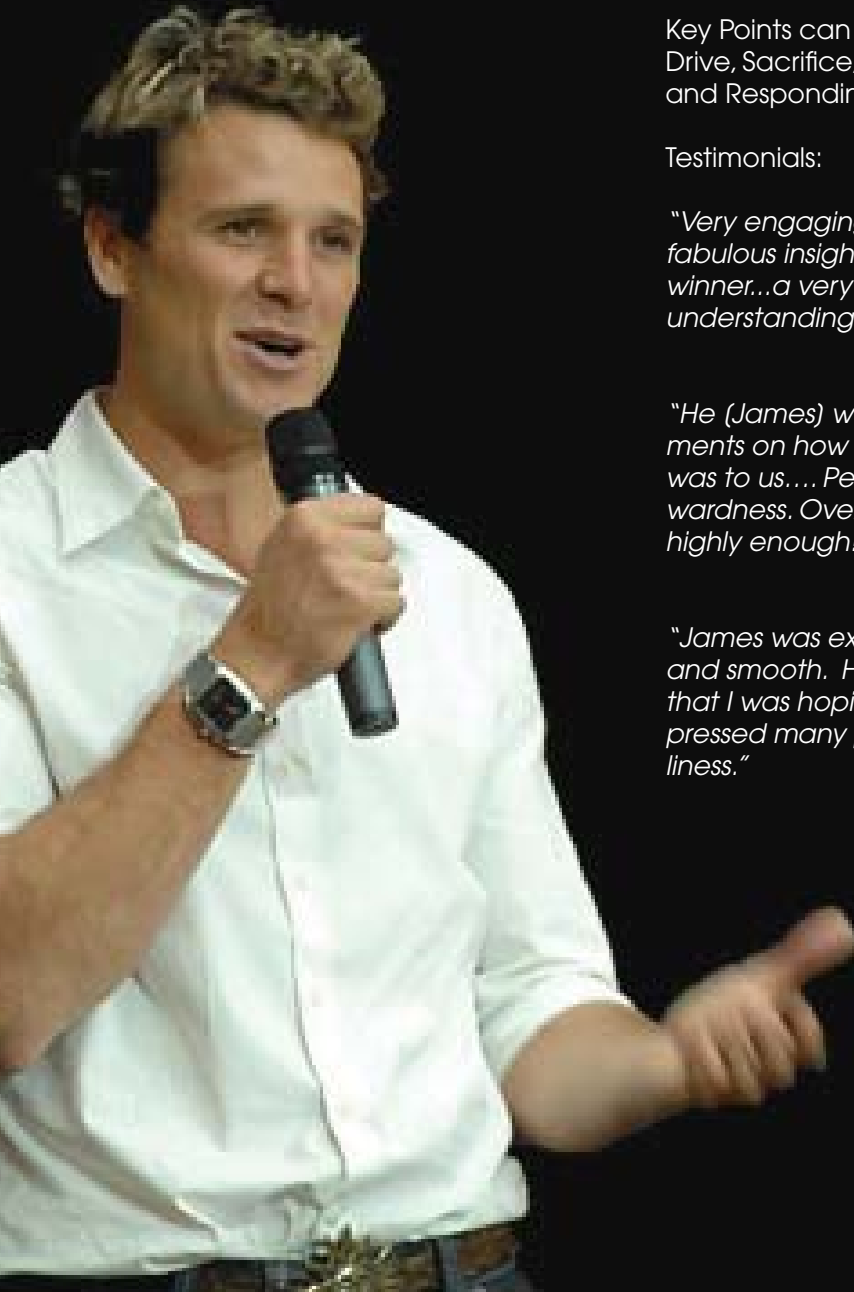


SPEAKING

James' outstanding sporting achievements and challenge experiences, combined with intelligence and sense of humour make him a popular choice of corporate speaker. James speaks with an eloquent and relaxed yet informative style and offers a fresh approach to corporate speaking which is always well received. James has motivated and entertained many blue chip clients including Morgan Stanley, KPMG and GlaxoSmithKline.

James is happy to work to a client's brief and will incorporate specific messages or even tailor his existing material to highlight certain business areas, if preferred. However his standard presentation, that is naturally adapted with each individual audience in mind, is truly inspiring and he never fails to engage his audience.

Topics can include the Olympics, the Atlantic Row Race, his Sport Relief Cross Continent Challenge and the South Pole Race.



Key Points can include: Teamwork, Dedication, Responsibility, Drive, Sacrifice, Overcoming setbacks, Maintaining, Excellence and Responding to pressure

Testimonials:

"Very engaging, very entertaining, very motivating,....a brief yet fabulous insight into the life of a Double Olympic Gold Medal winner...a very engaging and inspiring individual...relevant to understanding teamwork and self-development."

Morgan Stanley

"He (James) went down extremely well. I've had loads of comments on how good he was - and how appropriate his content was to us.... People appreciated his honesty and his straightforwardness. Overall a delightful guy and I can't recommend him highly enough!"

Ernst & Young

"James was excellent last night. Relaxed, funny, poignant, steady and smooth. He achieved just the reactions from the audience that I was hoping for and it rounded off the day perfectly. He impressed many people with his gentlemanly behaviour and friendliness."

Head of Marketing and Strategy, BT Defence

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