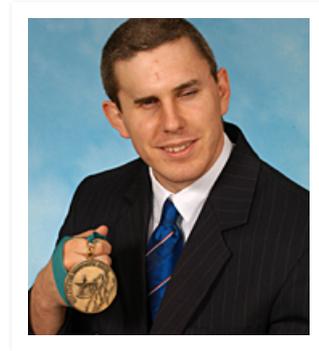


Ian Rose

Double Paralympic medallist for judo

- Available For:
- Motivational Speaking
 - Workshops

MAKE AN ENQUIRY



About

Ian Rose is a Paralympic Medallist, Business Coach and sought after motivational speaker. His lively, enthusiastic and humorous style has inspired 1000's to aim higher and achieve more. Ian is a specialist in resilience, confidence building and goal setting and how they work together to produce great results for individuals and organisations alike.

Ian is passionate about helping and encouraging others. He is honest and real about the challenges he faced in life and sport. Ian lives his life following three steps for success. Keep things simple, always have a goal and practice makes progression not perfection. We always have some small way that we can push perfection, making ourselves the best version of us that we can be.

Your attendees will hear how Ian changed from being a shy seven year old, who was teased about his disability and looks, into a director of his own successful motivation business working with some of the UK's largest companies, and a double Paralympic medallist. He will steer your audience through the highs and lows of his life and highlight the similarities between successful business leaders and top flight sports performers.

Using the 10 characteristics of high level sports performers and linking them to successful business, Ian will cover why resilience, determination, listening to others and always having a goal will help increase Focus to new highs and create a Gold Medal Revenue stream or improved wellbeing.

Video



Testimonials



Ian was the guest speaker at the inaugural Home Office 'Together We Are More' event where he delivered a memorable talk. Delegates enjoyed an enormously inspiring and motivational presentation about the importance of resilience inside and outside of the workplace. By sharing his inspirational journey and the hurdles he has faced throughout his life, he empowered those in attendance to create and take away their own plan for what they will do to be the best person they can be. Ian's professional yet down to earth approach connected with everyone in the audience and I cannot recommend him highly enough

Senior Project Lead - Leadership Strategy, Home Office

TAGS FOR IAN ROSE

- Sport
- Overcoming Adversity
- Peak Performance
- Inspirational
- Marginal Gains
- Diversity & Inclusion
- Paralympian

[MAKE AN ENQUIRY](#)