Speaker's Profile

Chris Moon - Speaker

Full name
Chris Moon - Speaker

Known for
The Speaker who walks the talk and helps you go the extra mile.

Topics
Change Management, Diversity, Health & Safety, Leadership & Motivation, Sports and Adventure

Language
English

Fee range
Fee on request

Chris Moon is one of the most fortunate people to be alive you’re likely to meet. He should be dead many times over
and his exploits have been covered in a Discovery documentary with the cheerful title I Shouldn't Be Alive.

As a professional Chris Moon exists to help people do what they do better. He draws on his unique experiences to illustrate principles people can use in their daily lives. As well as a practical understanding of human performance in the most extreme situations and overcoming adversity his Masters Degree covered human behaviour and management theory, he’s read several hundred books on achievement giving him an intellectual perspective, which he illustrates with his own humorous and uplifting anecdotes. He’s been speaking and delivering workshops obtaining top feedback scores for more than 10 years and adds the shared learning from this.

Chris is a former British Army Officer with three years operational experience who left to work for a charity clearing landmines. He survived being taken prisoner in Cambodia by the Khmer Rouge (one of the most brutal terror groups in history) and negotiated his release and that of two colleagues from threatened execution.

In 1995 he was blown up in a supposedly safe area of a minefield in remote East Africa losing an arm and a leg. He survived initially because he treated himself. About fourteen hours after injury he arrived in South Africa where doctors said they’d never seen anyone live with such a small amount of blood.

He recovered three or four times faster than was expected, was out of hospital in less than two months and within a year of leaving hospital ran the London Marathon, raised significant sums to help disabled people in the developing world and successfully completed a full time Masters Degree.

Chris taught himself to run and is the world's first amputee ultra distance runner. In 1997 he completed the gruelling Marathon De Sables. Since then he’s run the world’s toughest ultra- marathons, including the Badwater Death Valley 135 mile ultra and the West Highland Way 95 mile Race which he completed in June, while trialling a new running leg. He’s run numerous ultra-distance events and several one thousand mile events. When it comes to challenging the concept of limitation, adapting to change and overcoming adversity he literally walks the talk. Chris is a veteran adviser to the NHS on state-of-the-art prosthetics and has been involved with many charities in roles including President, Trustee and fundraiser.

As a keynote and after-dinner speaker Chris delivers humour, passion and inspiration. Topics include change, motivation, risk and safety, communication, improving sales and personal and strategic leadership. He runs short workshops to improve individual and team performance & coaches and mentors a wide variety of executives.

Check Chris’ work as a professional trainer. Click here to view Chris’ trainer profile.

**PUBLICATIONS:**

**BOOKS:**

- One Sep Beyond By Chris Moon (Autobiography)

**AWARDS RECEIVED:**

- MBE
- HND in Agriculture
- MSc in Security Management & Information Technology
- Honorary Master of Science (Plymouth University)
- Honorary Doctorate of Laws (Exeter University)
• Honorary Master of Laws (Leicester University)

TESTIMONIALS:

• “Thank you for delivering such a brilliant speech. You absolutely hit the spot in terms of both entertaining the room and promoting our safety theme.” Institute of Gas Engineers 150th Anniversary Dinner

• “Chris delivered a truly inspirational speech at our Sales Launch and struck a chord with every single participant there. He managed to take your emotions to the extreme – laughing one minute and grounded, reflective and tearful the next. We hoped people would feel inspired and realise that if they put their mind to it they can achieve anything – and Chris hit that note perfectly.” Johnston Press

• “We were absolutely delighted with the talk you did for us at the AbbVie Conference. You were able to interpret the brief really accurately, and what you delivered was perfectly in line with the messages that we wanted to get across – truly inspirational. I would not hesitate to recommend you as a speaker.” AbbVie