

Trainer's Profile

Chris Moon - Trainer

Full name

Chris Moon - Trainer

Known for

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

Topics

Change Management, Conduction Feedback Sessions, Dealing With Change, How To Solve Conflicts, Influencing Without Authority, Negotiation Techniques, Presentation Techniques, Self Coaching, Self-Motivation for Sales, Stress Management, Team Work, Techniques of Creativity

Language

English

Fee range

Fee on request





Chris Moon is all the 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 speaker**. Click here to view Chris' [speaker 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:

- *“Your impeccable blend of humour, reflection, realism and brutal honesty was a perfect mix, it really captured the imagination of the audience and invigorated a positive mental attitude. Your insight into tackling limiting beliefs and use the power of self belief is a key, which will enable you to always take a positive and gracious stance. Thank so much for playing such a pivotal role in Ricoh UK’s Senior Managers Graduation.”* **Ricoh UK**

- *Fantastic talk Chris. Feedback has been universally positive. It has really challenged the way we think about risk.* **Barcalys Bank Plc**

- *I have had extraordinary feedback from the team... who hung on your every word. As I looked around the audience the eye contact, the smiles, the laughs and indeed the focus, all bid well for the future!* **Rienso**