



Chris Moon

ADVENTURER / EXPLORER · SPORTS PERSONALITY

Survivor of kidnap by Khmer Rouge Guerillas and first amputee to run the Marathon des Sables



About:

- **Gender:** Male
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- After Dinner Engagement
- Panel Participation
- Speaking
- Training and Workshops

Topics:

- Change Management
- Crisis Leadership
- DEI (Diversity, Equity & Inclusion)
- Leadership & Management
- Mindfulness & Resilience
- Motivation and Inspiration
- Organizational Culture
- Peak Performance
- People & Culture
- Risk Management

Biography Highlights

- Chris Moon survived against all odds as a prisoner of the Khmer Rouge and being blown up by a landmine in remote East Africa losing his right arm & leg. He became the first amputee ultra-distance runner. His keynotes and workshops are more than stories; they are lessons in challenging the concept of limitation. Through his uplifting, humorous, and interactive sessions, Chris empowers individuals and teams to step beyond their perceived limits, and increases engagement, enthusiasm resilience, and performance.

Biography

Chris Moon's Background

Chris Moon exists to help people do what they do better, drawing on his unique experiences to illustrate principles people can use in their daily lives.

He's one of the most fortunate people to be alive you're likely to meet and should be dead many times over. He's a former British Officer who left the Army to work for a charity clearing landmines and unexploded ordnance. He's one of the few Westerners to survive being taken prisoner in Cambodia by the Khmer Rouge (one of the most ruthless terror groups in history). He negotiated his own release and that of two colleagues.

Two years later, when working in a remote part of Mozambique, he was blown up walking in a supposedly cleared area losing his lower right arm and leg. To survive he treated himself in the minefield. His doctors said they'd never seen anyone survive with such a small amount of blood.

Less than a year after leaving hospital he successfully completed the London Marathon and became the world's first amputee ultra-distance runner when he completed the gruelling Marathon Des Sables. Since then he's completed many of the toughest ultra-distance races in the world, including the Badwater 135 mile Death Valley run in the hottest place on earth.

When it comes to challenging the concept of limitation, adapting to change and overcoming adversity Chris walks the talk. He has a proven track record of delivering high impact presentations, helping to change behaviours and improve performance. As a speaker Chris delivers passion, humour and inspiration.

He shares experience on the balance of life and death and the limit of human endurance, which strip away any pretence we have as human beings to allow us to use his principles to do what we do better. These have academic rigour behind them from his Masters in human behaviour and work with psychologists and psychiatrists. Chris is a truly international speaker who has worked with diverse cultures, businesses and governments around the globe.

It is now generally accepted most well-run businesses are aiming for a 100% health and safety record. The clear moral responsibility of keeping staff safe at work, reputation issues and the huge cost of shutdown and other hidden costs are now widely recognised. He examines individual and group behaviours and thinking beyond procedures and delivers bespoke presentations tailored to the individual client.

He has been involved with many disability organisations acting as host and facilitator and speaks about the benefits of having an effective diversity policy that includes more than ensuring the provisions of Equality are met. By valuing differences there is high potential value to be gained that impacts an organisations bottom line.

As a speaker, through his talks and workshops, Chris challenges established thinking and sets out to understand the key issues in an organization in order to help people do what they do better. He has a Masters Degree in Security Management and speaks on mindset, risk, diversity and change.

Videos



Chris's Topics

Celebrating Difference

Available: Virtually

Speaking up when you can't stand up

Available: Virtually

Triumph over Adversity

Available: Virtually

Communicating the Challenge

Available: Virtually

Creating New Thinking

Available: Virtually

Attitude - The Ultimate Liberty

Available: Virtually

Engaging - It's Everyone's Problem

Available: Virtually

Smashing the Concept of Limitations

Available: Virtually

Testimonials

“

Beyond inspiring

Microsoft

“

The most impressive, inspiring, motivational and humble speaker I've ever come across.

Morrison Utility Services

“

Absolutely hit the mark!

Ernst & Young LLP

“

Empowering and impactful

Autodesk Ltd

“

The executives who just left the School have left with their heads (and hearts!) still buzzing from Chris Moons excellent presentation! He has an extraordinary story to tell and valuable insights as to what we can accomplish in life if we maintain a positive, can-do attitude. Chris is an impressive example for us all.



Chris Moons contribution to our Leadership Day was inspiring and captured the essence of what we are striving to achieve.

Muller Dairy



The messages were spot on and really resonated with our team. It certainly echoed the messages we were trying to convey. I would have no hesitation in recommending Chris to others as a great motivational speaker.

Direct Line Group



Thank you very much for your most positive and inspirational contribution towards our Health & Safety Conference. Feedback from the team has commented on the inspiration you have given in encouraging them to reconnect with best practice in Health & Safety.

Carter Construction



Praise for One Step Beyond: A truly stunning account of his life and near death.... Everyone should read this book... it is the story of a hero.

John Nichol

Co-author of Tornado Down



It truly was inspirational to hear your story and own versions of positivity and dealing with difficulty. Your presentation fitted extremely well with our theme of Winning Mentality, leaving our people feeling inspired and motivated – I couldn't have asked for a better a response.

Henley Investments



Thank you for the time and effort you personally put into our Health & Safety event. We've received excellent feedback about your speech and it has left our team with plenty of food for thought.

Skanska UK

Speaker Bureaus And Talent Agencies

Chris Moon is available to book via these agencies

 **Recommended**



Speaking Agency