



Sonny Kalar

SOCIAL IMPACT LEADER

Survivor of 587 CRP Levels and unbreakable through adversity

VISIT SONNY'S WEBSITE

About:

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

Engagement Types:

- Coaching
- Speaking

Topics:

- Mental Health in the Workplace
- Mindfulness & Resilience

Websites:

- [Website](#)

Biography Highlights

- 30 years' Exemplary service with the Metropolitan Police
- Speaks about Never Giving Up, Resilience and Fortitude

Biography

Sonny Kalar is living proof that the human spirit can overcome anything.

He served for 30 years as a police officer, retiring with an exemplary record of courage, and integrity.

Guided by his life mantra Never Give Up he has faced and conquered challenges that would stop most in their tracks from total blindness to life-threatening illnesses with his CRP levels at 587 and his resilience is nothing short of extraordinary.

For years and while serving full-time on the front lines as a police officer, Sonny was also a dedicated martial arts instructor, instilling discipline, resilience, and self-belief in countless students and producing black belt students.

His passion for developing potential extended to the squash court, where he became a committed coach and mentor. Remarkably, he trained his

own children to become elite athletes with 3 of them proudly representing England in Racketball, and one also representing England in Squash.

His ability to lead, inspire, and build champions both at home and in the community is a testament to his relentless drive and unwavering belief in what's possible.

Sonny's story inspires audiences of all backgrounds showing that no matter the odds, adversity can be faced head-on and transformed into strength. Through honesty, humour, and hard-won wisdom, Sonny connects deeply with his listeners, leaving them empowered to push forward, break through barriers, and Never Give Up.

If you're looking for a speaker who doesn't just talk about resilience but lives it then Sonny will leave your audience moved, motivated, and ready to take on whatever comes next. His message doesn't just inspire change, it drives it.

Book Sonny, and give your audience an experience they'll never forget.

Videos



Speaker Bureaus And Talent Agencies

Sonny Kalar is available to book via these agencies

👍 **Recommended**



Speaking Agency