



## Claire Lomas MBE

Inspirational Fundraiser

"An inspirational to all"

Claire Lomas MBE is a campaigner and fundraiser. Despite being paralysed from the chest down, she completed the London Marathon over 17 days using a ReWalk 'robotic' assistance system. Claire gained her motorcycle race licence and private pilot's licence and unsurprisingly is often the only female and only wheelchair user at the airfield or on the track.

### TOPICS:

- Diversity and Inclusion
- Wellbeing
- Mental Health
- Overcoming Adversity
- Teamwork
- Goal Setting
- Resilience

### LANGUAGES:

She presents in English.

### PUBLICATIONS:

- 2022 The Bigger Picture
- 2014 Finding My Feet: Claire Lomas

### IN DETAIL:

A former Chiropractor, Claire was at the top level of event riding when her accident happened. However, it was her determination and courage that got her through and allowed her to rebuild her life. She made worldwide news when she took on the mammoth challenge of walking the London Marathon in 2012, becoming the first and only paralysed person to walk the London Marathon. Ever since, Claire has completed a number of different challenges, pushing herself to achieve more than anyone had ever thought a paraplegic could achieve. Claire is constantly pushing the barriers. She has not let her disability define her but it has certainly redefined her, achieving some unimaginable feats and consequently inspiring people all over the world.

### WHAT SHE OFFERS YOU:

Claire speaks about the split second that changed her life and using humour she candidly describes the darkest times of her life. She also speaks about the difficulties and complexities of mental health illnesses. Claire challenges her audience to raise their sights, make their own luck by taking opportunities and be the best they can be.

### HOW SHE PRESENTS:

A truly inspirational speaker, Claire is able to adapt her talks to any event, audience or subject, providing a professional talk that will leave guests in awe.