



# Jason Gardener MBE

TV Presenter, British Sprinter & Olympic Gold Medallist

"If you have dreams, persevere with them. Someone's got to do it"

Jason Gardener MBE is one of the UK and Europe's all time great sprinters most famous for leading team GB to Olympic Gold in 2004 and breaking the magical 10 second barrier for 100m. As well as being an accomplished TV presenter, he has several consultancy roles for major organisations and is a gifted motivational speaker.

## TOPICS:

- Setting a Vision and Having Clarity of Purpose
- Leadership and Managing Change
- The Power of Effective Teamwork
- Getting the Most from the Talent That You Have
- Being Accountable for Results
- Courage in Decision Making and Overcoming Barriers

## LANGUAGES:

He presents in English.

## IN DETAIL:

Jason is well respected, articulate and educated and has a BSC Honours degree in Media and Sociology. He was awarded an MBE for services to athletics and has been made a Freeman of the city of Bath. Jason is a Non Executive Director on the board of UK Athletics. He is also working with the Olympic task force for UK athletics and he is a performance advisor for talented athletes.

## WHAT HE OFFERS YOU:

He is one of a rare breed of athletes who can speak authoritatively and articulately about what it really takes to get to the top. He is the perfect choice to present at award ceremonies, deliver an after dinner speech or take part in a Q&A session.

## HOW HE PRESENTS:

Articulate and bright, Jason always delivers in a very natural and honest manner, succeeding in captivating any audience's imagination, passing on valuable tips about self confidence, perseverance and ultimate achievement.