



## Chris Moon MBE

### Adversity Survivor

*A master of self-motivation*

Chris Moon MBE founded Making the Best a personnel and security management company. While working for the specialist mine clearance charity HALO, he was blown up in a 'cleared' area. He lived to tell the tale despite losing his right arm and leg because of his peak fitness and first aid knowledge.

#### TOPICS:

- Leadership
- Risk Management
- Triumph over Adversity
- Personal Reinvention
- Attitude - The Ultimate Liberty
- Smashing the Concept of Limitations
- Change Management

#### LANGUAGES:

He presents in English.

#### PUBLICATIONS:

**1999** One Step Beyond - An  
Autobiography

#### IN DETAIL:

Just before the accident he survived being abducted by the Khmer Rouge saving himself and two colleagues from execution. Within a year of leaving hospital, he completed the London Marathon, and in 1997, he was the first leg amputee to complete the 250km Great Sahara Run. In May 2000 he completed the 100km Kumamoto volcano run in Japan and in July 2000 was one of only 12 people in the world to do the Death Valley 300 miles, from the lowest point of the USA continuously on foot to the highest point and back again in just over six days. He did it again in 2001 to test false legs and is one of only a handful of people in the world to complete this double desert crossing twice. Chris' charity work is legendary and he continues to inspire people with his marathon runs, and endurance tests, including a 700 mile cycle ride for charity in Cambodia. In September 2010 he ran an incredible 36 miles a day for 30 days across the UK visiting Post Office branches, Post Office sites and Barnardo's projects to raise money for the Barnardo's Believe in Children appeal.

#### WHAT HE OFFERS YOU:

With infectious enthusiasm he illustrates the power of attitude. A master of mind over matter, he relates his extraordinary experiences to everyday issues. He shows you how to tap into your own strengths. He takes audiences on an emotional journey, empowering them to choose a positive attitude, whatever the circumstance.

#### HOW HE PRESENTS:

Compelling though his stories are, he makes them very real and he delivers them with high energy as well as wit.