



## Colin Jackson CBE

**One of the Greatest British Athletes, Silver Medallist at the Seoul Olympics**

*"1993 Athlete of the Year"*

Colin Jackson is without a doubt one of the greatest athletes, calling time on his outstanding athletics career in front of an adoring home crowd at the World Indoor Championships in Birmingham in 2003. He is now a regular reporter for *The One Show* BBC1.

### TOPICS:

- Consistent Application
- Raising Standards
- Striving For Excellence
- Goal Setting and Focus
- Mental Visualisation
- Technique
- Training and Realism

### LANGUAGES:

He presents in English.

### PUBLICATIONS:

**2004** Colin Jackson: The Autobiography

### IN DETAIL:

On retirement, Colin was a natural choice to become one of the key members of the BBC's sports production team and he continues to cover all of their athletics output as a BBC pundit and presenter. Covering the Athens Olympics was obviously a highlight early in his broadcasting career and since then he has been an integral part of the BBC output for the 2006 Torino Winter Olympics and European championships as well as most recently, the 2008 Beijing Olympics. Colin co hosted the BBC1 live morning show *Sunday Life* for its duration during 2008. He dazzled us all with his dancing skills on *Strictly Come Dancing* and was thrilled to make it, by public vote, into the final. He has recently filmed *The Truth About You* BBC1 a documentary looking at the science behind his body, brain and success.

### WHAT HE OFFERS YOU:

Colin draws from his long and successful career which epitomised the emotional ups and downs of the ultimate champion athlete. He guides you through the lows of his defeat at the 1992 Barcelona Olympics and onto the highs of the World Championships that followed. Colin discusses the importance of setting realistic goals and visualising and focusing on the end result, no matter what.

### HOW HE PRESENTS:

Colin is the perfect choice as a high level motivational speaker. In line with his on screen presenting and commentary Colin is a confident and charismatic conference and awards host and conference facilitator. His warm and friendly approach will add a spark and charm to any event. Colin's effervescent nature and irrepressible charm make him an excellent communicator. Wherever he goes, he always receives a very warm welcome.