

Kriss Akabusi MBE

Former Olympic Medallist

"Thought provoking, fun, emotional and inspiring: absolutely fantastic"

Kriss Akabusi is most famous for his achievements in athletics where his greatest individual triumph was his Gold Medal in the 1990 European Championships. He is the CEO of The Akabusi Company, a corporate communications and training company.

TOPICS:

- The Power of Self Belief
- What Makes a Good Team
- Setting a Vision
- Taking Ownership of and Committing to Goal
- Identifying and Overcoming Hurdles
- Using Creativity and Innovation to Achieve Outstanding Results
- Being Flexible and Managing Change

LANGUAGES:

Kriss presents in English.

IN DETAIL:

Kriss started his athletic career in 1983 as a member of the 4×400 metre relay squad and will always be remembered for winning Gold for Britain in the World Championships in Tokyo in 1991. In 1992 as three times Olympic medallist, World, European and Commonwealth Champion, he received an MBE for his achievements in athletics. He then went on to work in television presenting shows like The Big Breakfast, Record Breakers and various children TV programmes. Kriss is a sought-after commentator on radio and TV, covering topics from sports to business. He is also a qualified life coach having earned his Masters in existential coaching.

WHAT HE OFFERS YOU:

One of Britain's most recognised and respected motivational speakers; Kriss offers audiences advice on becoming an achiever in any chosen field. He also demonstrates the importance of teamwork and self-belief. He engages with communicating high energy, inspirational messages from the conference platform or creating exciting, motivational workshops and awards presentations.

HOW HE PRESENTS:

Sportsman and TV personality, Kriss's inspirational and high energy presentations are guaranteed to leave audiences feeling energised and ready to achieve their ambitions.