



Mark Colbourne MBE

London 2012 Paralympic Champion

"Winners never quit and quitters never win"

Mark Colbourne MBE is a former world and Paralympic Gold Medal cyclist from Wales in Great Britain, who competed at the London 2012 Paralympic Games. Since his retirement from elite cycling in 2014, Mark has become a globally acclaimed public speaker and elite cycling and leadership coach on change and resilience.

TOPICS:

- Motivation
- Goal Achievement
- Host and Awards
- After Dinner
- Leadership
- Resilience

LANGUAGES:

He presents in English.

IN DETAIL:

Mark went through hell and back to reach his first Paralympic Games at London 2012, after he broke his back in a near fatal paragliding accident in 2009 and even though he was left with lower leg paralysis and drop foot in both feet, he fought for 12 months to learn to walk again with walking aids and now prides himself as a full time professional Para-cyclist for his country. London 2012 Paralympics was a phenomenal achievement, after only being back on the bike for 18 months after his accident.

WHAT HE OFFERS YOU:

Mark's elite mindset and commitment to physical fitness, cycling skills, optimum health and a "never give up" attitude, have all played a part in his epic rise to the top. He now shares all he knows about resilience and peak performance, plus how to win with mindset via online coaching and public speaking.

HOW HE PRESENTS:

Mark delivers his story from the heart and talks about the highs and lows of having a life changing experience. His motivating style and epic life story uplifts every audience and he never fails to leave anyone inspired.