



Chris Boardman MBE

Olympic Champion, Director of Coaching Team GB Cyclists, Beijing Olympic Games.

Chris Boardman was head of the Research and Development team that equipped Great Britain's all conquering cycling team for the 2008 Beijing Olympic Games where they achieved unprecedented success. In his own right, Chris accumulated innumerable national titles before bursting onto the scene in 1992 when he won gold at the Barcelona Olympics in the 4000m pursuit. This achievement turned him into a household name almost overnight.

In 1994, Chris went on to tackle cycling's greatest challenge - the Tour de France winning his first ever stage in record time (a mark that still stands today) and going on to lead the race on no less than 3 occasions. In the same year, Chris won both the World Time Trial and 4000m pursuit in impressive style. At the Atlanta Olympics, he took bronze in the Individual Time Trial event and went on to again win the world 4000m individual pursuit title in another record time that also still stands today.

He is currently Head of Research and Development for the British Olympic Cycling Team as well as being one of 4 senior managers who set the strategy for Britain's most successful sporting squad. In 2007 Chris co-founded Boardman Bikes, which became a multi-million pound affair in less than 12 months with growth trebling in the second year.

He was awarded an MBE by the Queen in 1992. His media experience to date includes being a member of ITV's cycling commentary team and a member of the BBC Commentary team.

Chris has studied the areas of stress management, self motivation and high-performance team environments in immense detail; he uses personal insight and multiple stories to convey to audiences the lessons he has learned on his journey so far in an engaging and often light hearted style.

Strong Beliefs

Better

People get excited when they believe they can succeed, everyone can understand and measure 'better than here and now'.

Self first

The only thing we can truly control is ourselves, everything else is varying degrees of influence.

Listening

The most important thing we can do is to take the time to truly understand before acting.

Team

Diversity in views, character and background are key to a team achieving its optimum outcome. Such entities are seldom harmonious but are worth the struggle!

Themes

Surviving Success

Recognising the challenges that even small successes bring and how to manage them.

Motivation

Through personal stories and experiences, understand the barriers we put in our own way and how to remove them.

High Performance teams

The essential ingredients, how to recognise and make the most of them.

Innovation Culture

Recognising the value of exploration and how to maximise your return

Managing Risk

Recognising where the real risk lies, sometimes the real risk is in trying to avoid it!

Valuing Diversity

How to turn this concept into reality by understanding where to look, what to value and how to manage it