



## Ben McBean

Inclusion and wellbeing programmes often stall at the policy level. Teams sign off on frameworks but stay quiet in the room when someone looks, sounds, or moves differently from the default. The gap between the stated culture and the daily one is where engagement, retention, and psychological safety quietly come apart.

Ben McBean is a former Royal Marine and double amputee who helps organisations make inclusion, mental health, and resilience part of how people actually behave at work, not just what their policies say.

### Ben McBean's 2026 Biography

#### AVAILABLE FOR

- Speaking

#### Why organisations work with Ben McBean

- He turns disability inclusion from a compliance topic into a human conversation audiences keep having after the session ends.
- His recovery from catastrophic injury gives mental health and resilience messaging a weight that consultants and clinicians cannot replicate.
- As presenter of ITVX's "For Crown and Country," he has a documented public-facing body of work on race and the British Armed Forces, which makes him credible for DEI briefs that demand more than personal story.
- He has spoken to Chelsea FC, Lloyds Bank, JP Morgan, Ernst & Young, Vodafone, and Citigroup, so he reads corporate rooms with the same ease he reads public ones.
- He is comfortable with young audiences, employee resource groups, and senior leadership sessions, which lets a single booking do work across an organisation.

#### BEN'S SPEAKING THEMES

- Diversity, Equity & Inclusion
- Employee Wellbeing
- Mental Health in the Workplace
- Motivation and Inspiration
- Resilience & Stress Management

#### Biography highlights

- Former Royal Marine, 40 Commando, medically discharged in 2010 after an IED injury in Helmand Province.
- Overcoming Adversity winner at The Sun Military Awards 2009 for becoming the first double amputee to finish the London Marathon.
- Outstanding Global Achievement Award at Britain's Best Award 2008, presented by the Prime Minister.
- Rotary Young Citizen Award, 2012.
- Presenter, "For Crown and Country," ITVX Fresh Cuts, 2023.
- Corporate client list includes Chelsea FC, Lloyds Bank, JP Morgan, Ernst & Young, Vodafone, and Citigroup.

#### LANGUAGES: English, Japanese

#### Biography

An IED exploded near Kajaki Dam, Helmand Province, on 28 February

2008. Ben McBean lost his left arm and right leg and was flown home on the same aircraft as Prince Harry, who later called him the “real hero” of that flight. He was twenty years old.

A year later he finished the London Marathon in six hours and twenty minutes, the first double amputee to complete the course. He did it again the following year, faster. The Sun Military Awards recognised him for Overcoming Adversity in December 2009.

What McBean does for organisations now grew out of what happened after the marathons. He spent years speaking in schools, at veterans’ events, and inside companies that were trying to make inclusion and mental health feel real rather than performative. In 2023 ITVX asked him to present “For Crown and Country,” a Fresh Cuts documentary on the contribution of Black British servicemen and women, which extended his platform from personal testimony into commissioned social history.

Corporate audiences at Chelsea FC, Lloyds Bank, JP Morgan, Ernst & Young, Vodafone, and Citigroup have booked him for the same reason. A policy document can tell a workforce that difference is welcome. A room full of people who have just listened to McBean walks out knowing what that looks like when it is tested.

## **Key speaking topics**

- Disability inclusion in the workplace
- Mental health and recovery from trauma
- Resilience after catastrophic setback
- Diversity, equity and inclusion
- Veterans’ experience and reintegration
- Race and representation in institutional settings

## **Ideal for**

- DEI leads, CHROs, and employee resource group sponsors designing inclusion programming with real behavioural reach.
- Wellbeing and mental health leads running Mental Health Awareness Week, wellbeing conferences, or post-crisis staff events.
- Learning and development teams building resilience content for managers and frontline staff.
- Armed Forces charities, veterans’ networks, and public sector employers convening on race, service, and belonging.

## **Audience outcomes**

- A sharper read on how disability and difference are actually experienced inside a team, not how policy says they should be.
- Permission to talk about mental health and recovery in direct language, without workplace euphemism.
- A human reference point audiences return to when their own setback, illness, or loss arrives.
- Renewed conviction that inclusion is a behaviour practised in meetings, not a statement published on an intranet.

## Ben McBean's 2026 talks & topics

### The Power of Perspective

A keynote on resilience, identity, and how disability is read differently by children and adults.

#### Key takeaways:

- A direct account of catastrophic injury and the decisions that shape recovery.
- A challenge to the assumptions adults bring to disability that children do not.
- A practical frame for how organisations can make inclusion feel lived rather than announced.

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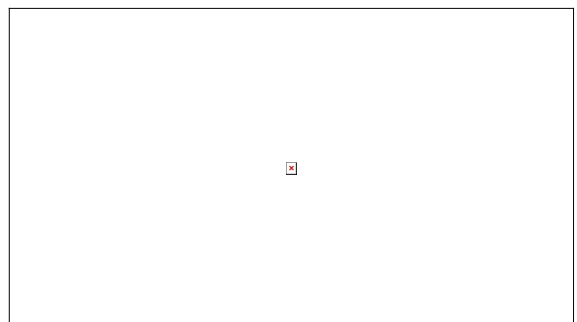
### Still Me: Finding Strength When Life Changes

A talk on how identity holds when circumstance does not, drawing on recovery, fatherhood, and public life after the Royal Marines.

#### Key takeaways:

- How humour and honesty keep people connected to someone in crisis.
- What young people take from hearing setback described without euphemism.
- How to support colleagues whose lives have changed in ways the workplace rarely discusses.

## Ben McBean's Videos



## What Ben McBean's clients say

I wanted to write to thank you for your presentation at our Lloyds SME National Conference. We truly are committed to fostering a culture of positive mindsets, particularly when faced with challenges and adversity, and I am certain that your extraordinary story will have motivated people to continue on this journey. Personally, I have heard you share your story several times and I would listen to you again tomorrow; every time I hear it I am absorbed, humbled and inspired.

**Gareth Oakley**

*Managing Director, SME Banking Lloyds Banking Group*

Ben shared his inspiring and motivational story at our largest event of the year. Delegates sat before him captivated by his genuine tale of triumph through the greatest of adversities. On the day, he took the time to learn about – and imbed himself with – our team and learn about what we do. He was able to adapt and tailor his message to suit the themes of the day. The standing ovation he received was testament to his message, his sincere delivery and his poignant reminder of the human experience.

*National Association of Commercial Finance Brokers*

I just wanted to say thank you for recommending Ben. He was amazing and his story had such an impact on the audience. He was an absolute pleasure to deal with and his presentation had just the right mix warmth, humour, inspiration and motivation. An attendee called me this morning to say she used to moan to her husband about how hard it is caring for their adult son who has schizophrenia and how they never get to go away on their own. She said after listening to Ben, she has absolutely nothing to moan about ever again. So his impact is already being felt! Just one problem – how am I going to match this for next year's event?

*Greater Manchester West Mental Health NHS Foundation Trust*

Ben McBean was an amazing speaker. Truly inspirational, humble, funny, sad and Ben is clearly such a wonderful human being. Everyone's feedback was excellent and a he received a standing ovation at the end. I would recommend Ben as very suitable to most audiences.

*South East Regional Organised Crime Unit*

## Ben McBean's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	<b>EUR</b>	<b>GBP</b>	<b>USD</b>
<b>Home Country</b>	Under €12000	Under £10,000	Under \$15000
<b>Asia Pacific</b>	Please enquire	Please enquire	Please enquire
<b>Europe</b>	Please enquire	Please enquire	Please enquire
<b>Middle East &amp; Africa</b>	Please enquire	Please enquire	Please enquire
<b>South America</b>	Please enquire	Please enquire	Please enquire
<b>United Kingdom</b>	Under €12000	Under £10,000	Under \$15000
<b>US East Coast</b>	Please enquire	Please enquire	Please enquire
<b>US West Coast</b>	Please enquire	Please enquire	Please enquire
<b>Virtual</b>	Please enquire	Please enquire	Please enquire