



Carlton Cole

MEDIA PERSONALITY · SPORTS PERSONALITY

Careers built on public performance create a specific people problem. The traits that drive results under pressure also leave people most exposed when results drop or the defining role ends. Most organisations have no playbook for either, and the cost shows up in wasted talent, avoidable setbacks, and second careers that never arrive.

Carlton Cole is a TalkSPORT broadcaster, former England international and West Ham United legend who hosts corporate events and speaks on resilience, performance under pressure, and the transition out of a career built in public view.

Carlton Cole's 2026 Biography

Why organisations work with Carlton Cole

- A working broadcaster, not a retired footballer on the nostalgia circuit. Cole co-hosts the TalkSPORT Sports Bar Weekender every Friday night and works as a pundit across BBC, Sky Sports and TNT Sports. That live-broadcast rhythm translates directly into event hosting and on-stage moderation that holds a room.
- Credibility on pressure that does not come from a textbook. 52 Premier League goals, seven senior England caps, a play-off final goal at Wembley, and a full career playing in stadiums where one mistake trends by Monday morning.
- A practitioner currently working in talent transitions. As West Ham United's Loans and Pathway Manager and a UEFA A license coach, Cole runs the actual process of moving young players into professional careers. His content on mentoring and resilience is what he does this week, not what he did a decade ago.
- A story arc that includes setback. Cole has been released, publicly disciplined, financially exposed, and rebuilt. His mentoring role at West Ham is directly shaped by the pitfalls he came through, which gives his talks on reinvention a specificity most motivational speakers lack.

Biography highlights

- Seven senior England caps under Fabio Capello (2009 to 2010)
- 52 Premier League goals across spells at Chelsea and West Ham United
- Scored the opening goal in West Ham's 2012 Championship play-off final at Wembley, sealing promotion back to the Premier League
- Co-host of the TalkSPORT Sports Bar Weekender on Friday nights; pundit for BBC, Sky Sports and TNT Sports
- Loans and Pathway Manager at West Ham United. UEFA A license coach. FA Level 2 Talent Identification qualified

AVAILABLE FOR

- Awards Hosting
- Event Hosting
- Panel Participation
- Speaking
- TV and Media

CARLTON 'S SPEAKING THEMES

- Learning & Development
- Motivation and Inspiration
- Peak Performance
- Resilience & Stress Management
- Team Leadership

LANGUAGES: English

- Official ambassador for West Ham United since retiring in 2018

Biography

Most careers in elite sport end in the mid-thirties. The second career is the one that defines the rest of a life, and most athletes arrive at it unprepared.

Carlton Cole has spent close to a decade inside that problem. He works as West Ham United's Loans and Pathway Manager, placing young players on loan at clubs across the football pyramid and mentoring them through the move into professional life. The remit covers financial discipline and media handling as much as football technique.

He has lived both sides of the transition. Cole scored 52 Premier League goals for Chelsea and West Ham, earned seven senior England caps under Fabio Capello, and scored the opening goal in West Ham's 2012 Championship play-off final at Wembley against Blackpool. He has also been released, publicly disciplined, and financially exposed. The mentoring work is shaped by both halves.

Alongside the coaching role, Cole co-hosts the TalkSPORT Sports Bar Weekender on Friday nights and has worked as a pundit across BBC, Sky Sports and TNT Sports. For corporate audiences, that means a broadcaster's fluency on stage combined with substantive content on performance, resilience, and what it actually takes to come back when everyone has an opinion about you.

Key speaking topics

- Performance under pressure
- Resilience and reinvention
- Career transitions in elite sport
- Mentoring young talent
- Teamwork in high-stakes environments
- Life after the defining role

Ideal for

- Conferences, awards dinners and gala events needing a broadcaster-grade host with a substantive story on hand
- Leadership and talent development programmes working with high performers operating under public scrutiny
- HR, wellbeing and people teams building content on resilience and supporting staff through career transitions
- Sport, education and youth-development organisations working with high-potential young talent

Audience outcomes

- What sustained performance under public scrutiny actually takes, from someone who played it out at the highest level of English football
- What tends to go wrong when a defining role ends, and what helps people through the next phase
- A view of resilience that feels lived rather than theoretical, drawn from a career played out in public
- An honest account of setback and reinvention that lands with audiences who have heard too many motivational abstractions

Carlton Cole'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.

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