



Chris Holmes

Passionate advocate for the potential of technology and the benefits of diversity and inclusion

Lord Chris Holmes is Britain's most successful Paralympic swimmer winning a total of 9 golds, 5 silvers and 1 bronze. He was also Director of Paralympic Integration, responsible for the organisation of the 2012 Paralympic Games in London. His enthusiasm for the opportunities of the 4th Industrial Revolution and expertise in diversity and inclusion make him a popular public speaker.

Chris Holmes's 2026 Biography

Drawing on his incredible experiences in the Paralympic movement as both Britain's greatest Paralympic swimmer and later as Director at London 2012, Chris has extensive experience of public speaking in the UK and abroad. His repertoire includes keynotes, after dinner speeches, conference and panel session chairing and interview or fireside chats.

His life experience teaches any audience that no matter the obstacle, anything is possible and he communicates this powerful message with incredible warmth, humour and humility.

Chris has worked extensively with corporate clients including Adidas, Aviva, Barclays, BP, Citibank and Nomura and speaks on topics ranging from the future of work to diversity and inclusion often with specific focus on innovation, crisis management, leadership or delivering against a vision. As a qualified solicitor Chris is a popular speaker with law firms and is Adviser at BPP University where he once studied law.

Every speech is prepared for a particular audience. Chris liaises directly with event organisers in advance so as to tailor a presentation to their specific needs.

Lord Chris Holmes's Background

Chris is a member of the influential House of Lords Select Committee on Science and Technology and has previously co-authored House of Lords Select Committee Reports on: Democracy and Digital Technologies (2020), Intergenerational Fairness (2019), Artificial Intelligence (2018), Financial Exclusion (2017), Social Mobility (2016) and Digital Skills (2015) He has also produced an independent report for the Government on Opening up Public Appointments to Disabled People.

He is the former co-chair of Parliamentary Groups on Fintech, AI, Blockchain, Assistive Technology and the 4th Industrial Revolution and has

AVAILABLE FOR

- After Dinner Engagement
- Guest Appearance
- Panel Participation
- Speaking

CHRIS'S SPEAKING THEMES

- Business Continuity and Crisis Management

LANGUAGES: English, Spanish

published a report; “Distributed Ledger Technologies for Public Good: leadership, collaboration and innovation” calling on the Government to look at the challenges and opportunities of this technology for improving public services. A progress update was published in November 2018.

Chris is also Vice Chair of Channel 4 and Adviser at BPP University. An ex-Paralympic swimmer, Chris won nine gold, five silvers and one bronze medal across four Games, including a record haul of six golds at Barcelona 1992. He remained involved in the Paralympic movement becoming Director of Paralympic Integration at London 2012, the most successful Paralympic Games ever.

Chris Holmes's 2026 talks & topics

Humanity and technology, what do we need to do to succeed in the 4IR?

Future of work, how can technology augment humanity?

Benefits of diversity and inclusion & how to build a diverse, included and enabled workforce

Blockchain or bust. How can distributed ledger technology and other 4IR technologies be harnessed for the public good?

Crisis Management, personal reflections and practical applications

Inclusion breeds innovation

The importance of team building and galvanizing that group with a particular vision “teams and dreams”

Chris Holmes's Videos



What Chris Holmes's clients say

Fantastic motivational speaker, I left feeling positive and energised.

An excellent session, Lord Holmes was very inspiring and an engaging speaker. The best session I have attended.

Witty and on point. We were delighted that he could speak at our event.