



## Ed Jackson

### SPORTS PERSONALITY

Ed Jackson is a former professional rugby union player, spinal cord injury survivor, author and broadcaster who speaks to organisations about resilience, recovery and performance under pressure.

- Former professional rugby union player (No. 8) for Bath, Doncaster Knights, London Welsh, Wasps and Newport Gwent Dragons
- Captained England at U16 and U18 level and part of the England U18 Four Nations-winning squad
- Sustained a severe spinal cord injury that ended his professional rugby career
- Co-founder of the Millimetres 2 Mountains Foundation supporting people affected by trauma and life-changing circumstances
- Author of *Lucky*, a Sunday Times bestseller
- Broadcaster with Channel 4 covering rugby and Paralympics-related programming

## Ed Jackson's 2026 Biography

### Key speaking topics

- Resilience and recovery after adversity
- High-performance mindset
- Leadership under pressure
- Overcoming life-changing injury
- Mental and physical rehabilitation journeys
- Purpose-driven goal setting
- Teamwork and accountability

### Ideal for

- Senior leadership teams
- Sales and performance-driven organisations
- Corporate conferences and annual meetings
- Organisations navigating significant change or disruption

### Audience outcomes

- Clear understanding of resilience in high-pressure environments
- Practical insights into rebuilding confidence after setbacks
- Perspective on leadership, responsibility and personal accountability
- Greater appreciation of long-term recovery and sustained effort
- Motivation grounded in lived experience

### AVAILABLE FOR

- After Dinner Engagement
- Guest Appearance
- Panel Participation
- Speaking
- TV and Media

### ED'S SPEAKING THEMES

- Health & Wellbeing
- Leadership
- Peak Performance
- Purpose-Driven Leadership
- Resilience & Stress Management

### LANGUAGES: English

## Why organisations work with Ed Jackson

- Combines elite sport experience with lived experience of severe injury and recovery
- Brings credibility across sport, charity leadership and broadcasting
- Connects resilience and mindset to performance in commercial environments
- Delivers a message grounded in real-world challenge and sustained rehabilitation

## Biography

Ed Jackson brings a rare combination of elite sport, lived experience of catastrophic injury and charitable leadership to corporate audiences seeking perspective on resilience and performance under pressure.

A former professional rugby union No. 8, Ed competed for Bath, Doncaster Knights, London Welsh, Wasps and Newport Gwent Dragons. He captained England at U16 and U18 level and was part of the England U18 Four Nations-winning squad, developing his understanding of high-performance environments, teamwork and accountability from an early stage.

His professional career was cut short by a severe spinal cord injury sustained in a diving accident. Initially paralysed, he has since regained significant mobility through sustained rehabilitation, while continuing to live with the long-term effects of an incomplete spinal cord injury. His recovery journey has become central to his work with organisations navigating adversity and change.

Ed went on to undertake major mountain expeditions following his rehabilitation, including summiting Yr Wyddfa (Snowdon) and participating in further high-altitude challenges. These experiences reinforce his practical understanding of goal setting, risk management and sustained effort in demanding conditions.

He co-founded the Millimetres 2 Mountains Foundation with Lois Jackson, supporting people affected by trauma and life-changing circumstances through outdoor experiences and structured support. His work in the charitable sector demonstrates leadership beyond sport, focused on long-term impact and community building.

Ed is the author of *Lucky*, a Sunday Times bestseller, and has worked as a broadcaster with Channel 4 on rugby and Paralympics-related programming. He is also a co-founder of Vapoura Rum.

For senior leaders and commercial teams, Ed offers a grounded, credible perspective on resilience, responsibility and performance drawn from professional sport, severe adversity and enterprise.

## Ed Jackson's Videos



## What Ed Jackson's clients say

Ed ran two sessions over Zoom for around 165 colleagues at Diageo. With resilience as the key theme, Ed ran us through his inspiring story and provided the teams with a really clear summary of relatable and relevant advice. The feedback has been fantastic, with team members coming away inspired, more hopeful and significantly more positive about how we can reframe the challenges we're facing at the moment and come out stronger.

**Sally Cannon**  
*Head of Field Sales, Diageo*

Ed truly has an amazing story to tell and his presentation style is confident yet humble which made for a great keynote talk that was enthused over by all attendees.

**Natasha Preocanin**  
*Associate Director, In-house Recruitment Network*

Made a tangible impact on my staff who were hugely complimentary about Ed's inspirational talk. Highly recommend for any team going through a period of change or transformation.

**Gareth Nokes**  
*Chief Financial Officer, Aspen*

Very inspiring talk from Ed Jackson at Microsoft yesterday. Incredible story, amazing what can be achieved with the right mind set and determination. Highly recommend.

**Iwan Evans**  
*Director Customer Programs, Microsoft*

## Ed Jackson'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>	Under €12000	Under £10,000	Under \$15000
<b>Europe</b>	Under €12000	Under £10,000	Under \$15000
<b>Middle East &amp; Africa</b>	Under €12000	Under £10,000	Under \$15000
<b>South America</b>	Under €12000	Under £10,000	Under \$15000
<b>United Kingdom</b>	Under €12000	Under £10,000	Under \$15000
<b>US East Coast</b>	Under €12000	Under £10,000	Under \$15000
<b>US West Coast</b>	Under €12000	Under £10,000	Under \$15000
<b>Virtual</b>	Under €12000	Under £10,000	Under \$15000