



## Karl Dickson

### SPORTS PERSONALITY

Former professional rugby player, referee, and motivational speaker

- Former professional rugby player for Harlequins
- Current professional rugby referee officiating Premiership and international matches
- Expert in leadership, teamwork, and resilience

### Karl Dickson's 2026 Biography

Karl Dickson is a distinguished former professional rugby player who has transitioned into a successful career as a referee and motivational speaker. Known for his tactical intelligence and leadership skills, Karl's journey from playing for Harlequins to officiating at the highest levels of rugby provides a rich foundation for his engaging and insightful speaking engagements.

#### Rugby career

During his playing career with Harlequins, Karl Dickson was celebrated for his strategic prowess and on-field leadership. His contributions were pivotal in many key matches and tournaments, showcasing his ability to perform under pressure and guide his team to success.

#### Transition to refereeing

After retiring from playing, Karl smoothly transitioned into refereeing, quickly establishing himself as a respected official in Premiership and international rugby. His unique perspective as both a former player and current referee enables him to offer valuable insights into performance, decision-making, and the nuances of the game.

Karl Dickson continues to inspire and educate through his speaking engagements, leveraging his extensive rugby experience and officiating expertise to deliver powerful messages on leadership, resilience, and peak performance. His talks provide valuable lessons that transcend the world of sports, offering actionable insights for personal and professional growth.

#### AVAILABLE FOR

- Speaking

#### KARL'S SPEAKING THEMES

- Peak Performance
- Resilience & Stress Management
- Team Leadership

#### LANGUAGES: English

## **Karl Dickson's 2026 talks & topics**

### **Pressure**

Making a split second decision, in front of thousands (sometimes millions) of people, live, with impactful results....this is Karl's everyday job. Hear how he copes with this pressure

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### **Physical/mental health**

Being a referee means you're subject to scrutiny and judgement, which inevitably has an impact to your mental health! It also means you have to be as fit as high performing athletes to keep up with play. Hear on both matters from Karl.

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### **Setbacks/adversity**

Karl's story is unique as he tells it from both the rugby player and referee's perspective. Hear about the adversity and setbacks he's obtained and currently obtaining during his career.

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### **Teamwork**

A fundamental in today's game is a high performing team! Everyone has to have complete trust and accountability. Hear from Karl on how he installs these characteristics.

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### **Resilience**

Like all of us, Karl's career is not without flaws and mistakes. He's candid with his and talks about his resilient nature that allows him to continue to progress.

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### **High performance**

Managing two high performing teams and being part of a high performing refereeing team requires high performance in itself! Karl talks about what this takes; as well as once being a professional Rugby player himself.

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### **Communication**

Karl's communication has to be clear, concise and consistent, his career depends on it. Understand techniques and methods in how he does this alongside the pressure associated with it.

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## Confidence

Being confident in your convictions is the only way Karl is respected in the game. He stands by his decisions, but is confident enough to review and reflect when he's got it wrong

## Karl Dickson's Videos

