



Chris Moon

Survivor of kidnap by Khmer Rouge Guerillas and first amputee to run the Marathon des Sables

Speaker and ultra runner who motivates and inspires audiences after overcoming incredible adversity.

Chris's biography

Chris Moon's Background

Chris Moon exists to help people do what they do better, drawing on his unique experiences to illustrate principles people can use in their daily lives.

He's one of the most fortunate people to be alive you're likely to meet and should be dead many times over. He's a former British Officer who left the Army to work for a charity clearing landmines and unexploded ordnance. He's one of the few Westerners to survive being taken prisoner in Cambodia by the Khmer Rouge (one of the most ruthless terror groups in history). He negotiated his own release and that of two colleagues.

Two years later, when working in a remote part of Mozambique, he was blown up walking in a supposedly cleared area losing his lower right arm and leg. To survive he treated himself in the minefield. His doctors said they'd never seen anyone survive with such a small amount of blood.

Less than a year after leaving hospital he successfully completed the London Marathon and became the world's first amputee ultra-distance runner when he completed the gruelling Marathon Des Sables. Since then he's completed many of the toughest ultra-distance races in the world, including the Badwater 135 mile Death Valley run in the hottest place on earth.

When it comes to challenging the concept of limitation, adapting to change and [overcoming adversity](#) Chris walks the talk. He has a proven track record of delivering high impact presentations, helping to change behaviours and improve performance. As a speaker Chris delivers passion, humour and [inspiration](#).

He shares experience on the balance of life and death and the limit of human endurance, which strip away any pretence we have as human beings to allow us to use his principles to do what we do better. These have academic rigour behind them from his Masters in human behaviour and work with psychologists and psychiatrists. Chris is a truly international speaker who has worked with diverse cultures, businesses and governments around the globe.

It is now generally accepted most well-run [businesses](#) are aiming for a 100% health and safety record. The clear moral responsibility of keeping staff safe at work, reputation issues and the huge cost of shutdown and other hidden costs are now widely recognised. He examines individual and group behaviours and thinking beyond procedures and delivers bespoke presentations tailored to the individual client.

He has been involved with many disability organisations acting as host and facilitator and speaks about the benefits of having an effective [diversity](#) policy that includes more than ensuring the provisions of Equality are met. By valuing differences there is high potential value to be gained that impacts an organisations bottom line.

As a speaker, through his talks and workshops, Chris challenges established thinking and sets out to understand the key issues in an organization in order to help people do what they do better. He has a Masters Degree in Security Management and speaks on mindset, risk, diversity and [change](#).

Chris's talks

- **Celebrating Difference**
- **Speaking up when you can't stand up**
- **Triumph over Adversity**
- **Communicating the Challenge**
- **Creating New Thinking**
- **Attitude - The Ultimate Liberty**
- **Engaging – It's Everyone's Problem**
- **Smashing the Concept of Limitations**