



## Ed Jackson

### Former Rugby player, recovered quadriplegic and motivational speaker

Ed Jackson is a former professional rugby player who played at the highest level for over 10 years. Two years on from a serious accident that left him paralysed from the neck down, Ed is literally climbing mountains and wants to encourage others to never give up hope.

## Ed's biography

### Ed Jackson's Background

In April 2017, after diving into the shallow end of a swimming pool, Ed broke his neck and suffered a spinal cord injury which left him paralysed from the neckdown. Doctors said that he would never walk again... but through sheer determination and intensive rehabilitation, Ed reached the summit of mountains within a year of his operation. Ed [inspires](#) others to overcome their fears and details how goals are achievable no matter how impossible they may seem.

Ed's life altering experience has provided him with an incredible ability to motivate people. Drawing on his own experiences, Ed takes you on an honest journey through his accident and highlights the ways in which he took a fearlessly active approach to defy all odds on the road to his recovery. After listening to Ed talk you will be inspired to push through adversity, embrace a more positive [mindset](#) and be introduced to the importance of persevering through obstacles with [resilience](#) and courage.

In November 2019, Ed climbed Mera Peak! When not climbing mountains Ed can regularly be seen presenting and commentating on Channel 4. Ed was recently listed to appear as a part of the BBC's Tokyo Paralympic coverage in summer 2020, before the event was moved to summer 2021.

