Jim Lawless

Jim Lawless is one of the world's leading motivational speakers and a pioneer in the fields of change and performance shift. He has inspired and empowered over half a million people on five continents.

Author of the bestselling 'Taming Tigers' (Random House), Jim has taught the skill of change in Global and Fortune 500 companies, Olympic and Paralympic teams, business schools and government for two decades.

A strong believer in walking his talk, Jim Lawless tested his approach to bold, fast change by becoming a televised jockey in just 12 months. At the outset he was 36, unfit, overweight, couldn't take time off work and couldn't even ride.

To test his ideas on managing the neuroscience and physiology of fear (and fundraise), he took the British freediving record in just 8 months. He is now the first Briton to dive deeper than 100m on a single breath of air.

Jim started his career as a City solicitor. After a decade of lawyering with the name "Lawless" he had perfected the trademark wit and humour he brings to the stage.

Over the past two decades, Jim Lawless has evolved to be one of the most in-demand motivational speakers in the world delivering over 100 major conference keynotes each year. What differentiates him, besides having proven his highly effective methodology personally, is his immense personal 1-1 connectivity with people in audiences of all sizes. He brings passion, energy, interactivity and amusing elements to the stage creating an engagement that transforms mindsets with ease.