
Lucy Adams



Lucy Adams is one of Europe's best known HR executives. She led HR and internal communications at the BBC and now offers a number of challenges, new models and fresh insights to support business leaders. Since leaving the BBC, Lucy has been working with major organisations to help them re-think their approach to leading change, employee engagement, HR and internal communications.

She created the Disruptive HR Agency to combine strategic and operational HR expertise with a fresh but practical approach. Lucy aims to put the "human" back into Human Resources.

After having held senior level HR roles in a variety of sectors she grew frustrated with the lack of innovation and fresh thinking in the HR profession and wanted to find new ways of tackling old problems.