

2025

KEYNOTE SPEAKERS

KEYNOTE SPEAKERS

**OUR KEYNOTE SPEAKERS DO
MORE THAN JUST TALK – THEY
ENGAGE, MOTIVATE, AND INSPIRE.**

With a diverse range of experiences, from the world of elite sport to growing up on a council estate, our speakers cut through the noise and captivate those who rarely attend.

At Innerfit, all high-profile keynotes come with a 1-1 speaker briefing call to ensure delivery is tailored to you and your people.

**INSPIRATION
MEETS
ACTION.**



A portrait of Dr. Rangan Chatterjee, a man with dark hair, smiling. The image is partially obscured by a grey overlay on the right side.

DR. RANGAN CHATTERJEE

WELLBEING

Dr Chatterjee hosts the most listened to health podcast in Europe 'Feel Better, Live More' which has had over 250million listens to date. He has published five #1 Sunday Times Bestselling books, selling over 1 million copies worldwide in 15 languages, and is hailed as 'the most influential medical doctor in the UK' by Forbes. Renowned for simplifying complex health issues, he has inspired millions through his BBC series Doctor In The House, broadcast in 70+ countries, and his ground-breaking work on reversing chronic illnesses using lifestyle approaches.

A portrait of Ruby Wax, a woman with dark curly hair, smiling. The image is partially obscured by a grey overlay on the right side.

RUBY WAX

MENTAL HEALTH

Ruby Wax is a comedian, writer, and leading mental health advocate who combines sharp wit with deep insight. After studying psychology in the US, she moved to the UK to train as an actor, joining the Royal Shakespeare Company before moving into comedy and television. Known for her unconventional and revealing interview style with figures like Madonna and Donald Trump, Ruby later turned her focus to mental health, becoming a best-selling author and campaigner.

COLIN JACKSON CBE

MOTIVATION

PERFORMANCE

ED&I

MENTAL HEALTH

As former World, European and Commonwealth 110m hurdles champion, **Colin Jackson CBE** is one of the most successful British athletes of all time, holding the world record for almost thirteen years.

Since hanging up his spikes, Colin has become an equally self-assured broadcaster; a key member of the BBC Sport team, a driving force behind Sport Relief and a Race Director for the Red Bull: Wings for Life events.

Credit: PA Images

 innerfit

DAME KELLY HOLMES MBE

MENTAL HEALTH

ED&I

PERFORMANCE

Dame Kelly Holmes (MBE mil) achieved her teenage dreams of becoming an Army PT instructor and an Olympic gold medallist. She became the second woman in history to win both the 800m and 1500m distances in a single Games and the first British athlete to win double track gold in 80 years.

Since retirement, Kelly has been inspiringly open about her battle with depression, and self-harm throughout her career. She speaks about her experiences through the lens of achievements, overcoming setbacks, and the importance of physical and mental wellbeing in all aspects of life.

Credit: Sky Images

 innerfit

“The keynote helped us spark conversation, engage a wide audience, and inject positive energy, while deepening knowledge and awareness around a sensitive topic.”

Melissa King
Inclusion and Diversity
Manager, Kingfisher



LIZ JOHNSON

ED&I

PERFORMANCE

RESILIENCE

One of the brightest personalities to emerge from Paralympic sport in the last decade, **Liz Johnson's** resilience, determination and talent saw her win an Olympic Gold medal in Beijing in 2008, despite personal tragedy on the eve of competition. By 2016, Liz had swapped the pool for the broadcasting studio as one of the stars of Channel 4's award-winning coverage. In 2018, she was listed as one of the BBC's 100 most influential women. She is also co-founder of the UK's first disability-led recruitment business.

A close-up photograph of Stevie Ward, a professional rugby player, wearing a yellow and blue Leeds Rhinos jersey. He has a focused expression and a visible injury on his cheek.

STEVIE WARD

PERFORMANCE

RESILIENCE

MENTAL HEALTH

Stevie is a former professional rugby player and the Golden Generation at Leeds Rhinos. He went on to become captain at 26 and won 3 Grand Finals and 2 Challenge Cups. Amongst the highs, Stevie endured 10 operations and had to retire from a brain injury at the age of 27. Stevie helps people prioritise mental health, take the path of authenticity, and align fulfilment with success. He presents regularly with Sky Sports, and is the Founder of mental health platform, Mantality.

A portrait of Danny Rahim, a man with a beard and mustache, smiling warmly. He is wearing a light-colored button-down shirt and a watch.

DANNY RAHIM

MENTAL HEALTH

POSITIVE PSYCHOLOGY

Danny is an actor, coach, and speaker. In 2008, his mother was involved in a near-fatal car accident and was then diagnosed with a long-term mental health condition. His passion for helping others flowed through the years that followed, in which Danny starred in Eastenders and Citizen Khan. But success was followed by difficult events, leading to Danny enduring his own struggles. Danny has a MSc in Applied Positive Psychology, is an executive coach, and a MHFA England plenary speaker.



STEF REID MBE

PERFORMANCE

ED&I

RESILIENCE

Stef Reid MBE, a world champion, four-time Paralympian, and five-time world record holder, has spent her life breaking boundaries. Stef's athletic career was interrupted by a boating accident, leading to the amputation of her foot. Despite this, she pursued her passion for sports, alongside earning a biochemistry degree. Stef was the first amputee to walk the London Fashion Week catwalk and competed in Dancing on Ice 2022. Stef now inspires others as a keynote speaker, broadcaster, and executive coach.



NIGEL OWENS MBE

MENTAL HEALTH

RESILIENCE

ED&I

Nigel Owens MBE is one of the world's best rugby referees and is the first openly gay man to come out in professional rugby. He is the current record holder for test matches refereed and refereed at his fourth consecutive Rugby World Cup in Japan in 2019. Nigel has received awards for his work on equality, inclusiveness, and mental health and was named Gay Sports Personality of the Decade in 2016. In 2017 he presented the Panorama programme on eating disorders in Men and Boys.



MAYA RAICHOORA

MENTAL FITNESS

PERFORMANCE

Maya is the UK's leading expert in mental fitness and visualisation, recently making history as Nike's first-ever mental fitness trainer. She helps individuals and teams to think, feel, and perform like the top 1% by mastering their mind and performance. As a trusted coach to elite athletes and top CEOs, Maya's unique approach, inspiring story, and transformative insights leave audiences energized, curious, and motivated. Collaborating with global companies like Lego, Amex, and PwC, she continues to shape and pioneer the future of mental fitness.



JACK GREEN

MENTAL HEALTH

PERFORMANCE

Jack Green is a double Olympian who represented Great Britain in the 400m hurdles and 4x400m relay. Following a diagnosis of depression, bipolar tendencies, and anxiety after the 2012 Olympics, Jack became a passionate mental health advocate, working with charities and government to drive reform in mental health for elite athletes. Jack has since stepped into multiple corporate leadership roles, including for BBC Studios' to run wellbeing initiatives for 10,000 employees. Today, Jack consults with leading sports organisations to support athlete wellbeing and performance, and coaches elite track and field athletes.



“1 year on, people were still talking to me about it.
The feedback was brilliant.”

Susan Fairfax
Marketing Director,
CNN



DANNY BENT

HAPPINESS

MOTIVATION

Danny is an adventurer, speaker, and storyteller. As a Happiness Guru, he was voted one of the 100 happiest people in the UK, and one of the 50 most inspirational people in London. He is an award-winning author and journalist, Guinness World Record holder, and celebrated community leader. He is a master at creating happier lives, more powerful leaders and encouraging the artists of life to create.

A portrait of Dr. Heather McKee, a woman with long brown hair and black-rimmed glasses, smiling and speaking into a microphone. She is wearing a dark green sweater over a white collared shirt.

DR. HEATHER MCKEE

MOTIVATION

BEHAVIOUR CHANGE

Dr. Heather McKee takes people on a journey from willpower to skillpower through her “Sticky Habits” methodology. Dr Heather is known as Europe’s leading lifestyle behaviour change specialist. Having spent 10+ years in academia studying how to create habits that last, her work has been published in world-leading research journals as well as 300+ media articles. She has been featured in Vogue, Time magazine, The Times, and is a regular contributor to the BBC.

A portrait of Ryan Hopkins, a man with a beard and orange-rimmed glasses, smiling. He has a tattoo on his left arm and is wearing a dark shirt.

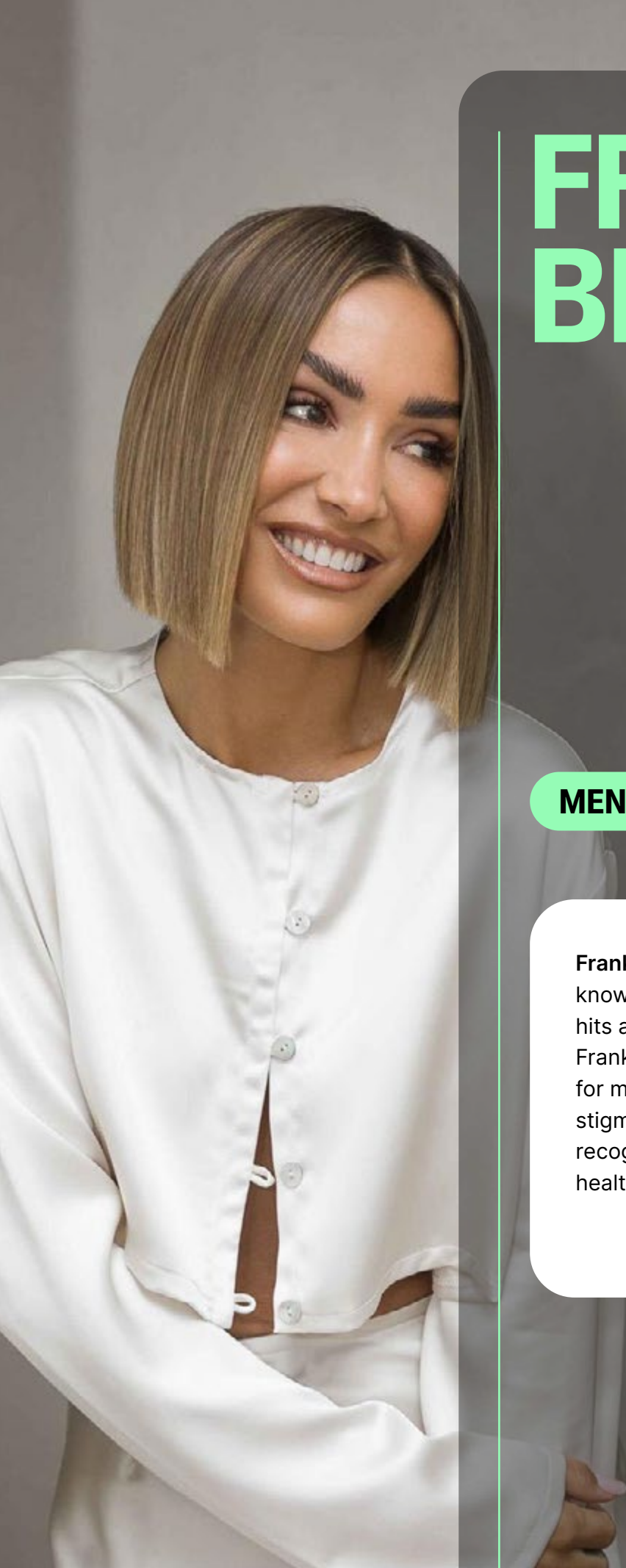
RYAN HOPKINS

MENTAL HEALTH

CULTURE

ED&I

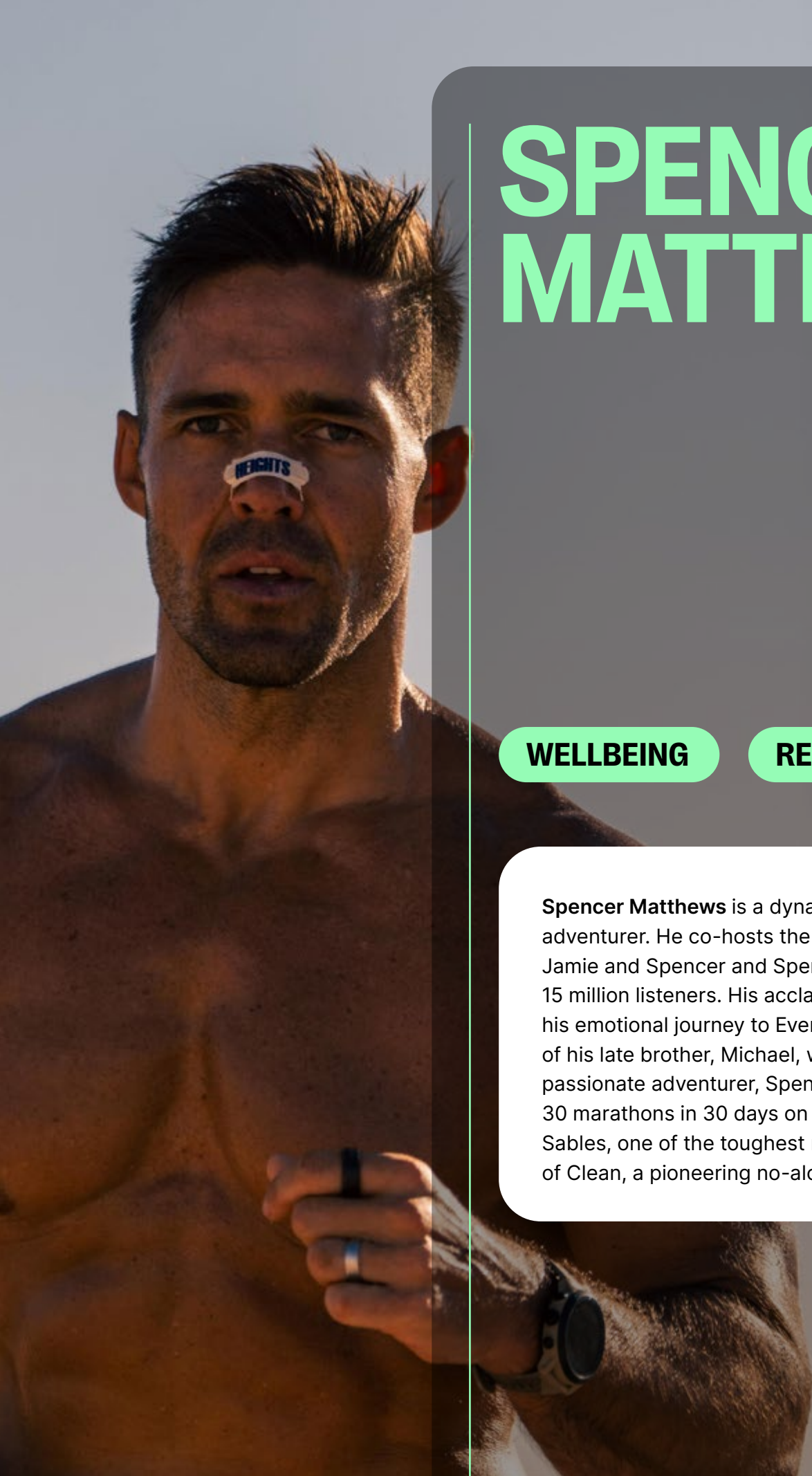
As a global best-selling author, speaker and with leadership roles at Bupa, Deloitte and JAAQ, **Ryan Hopkins** is dedicated to revolutionising workplace wellbeing and has directly influenced millions of people through his work. A 2x TEDx speaker and LinkedIn Top Voice, Ryan openly shares his journey with mental health challenges and ‘no nonsense wellbeing’ approach to connect with millions of people worldwide.

A portrait of Frankie Bridge, a woman with short brown hair, smiling and looking slightly to the side. She is wearing a white button-down shirt with a small cutout at the waist.

FRANKIE BRIDGE

MENTAL HEALTH

Frankie Bridge is a singer, presenter, and media personality best known for her success with The Saturdays, achieving chart-topping hits and platinum albums. A passionate advocate for mental health, Frankie shares her journey in her book *Open* and as an ambassador for mental health charity Mind, raising awareness and breaking stigmas. She's also a captivating TV host, model, and public speaker, recognized for her work across entertainment, fashion, and mental health awareness.

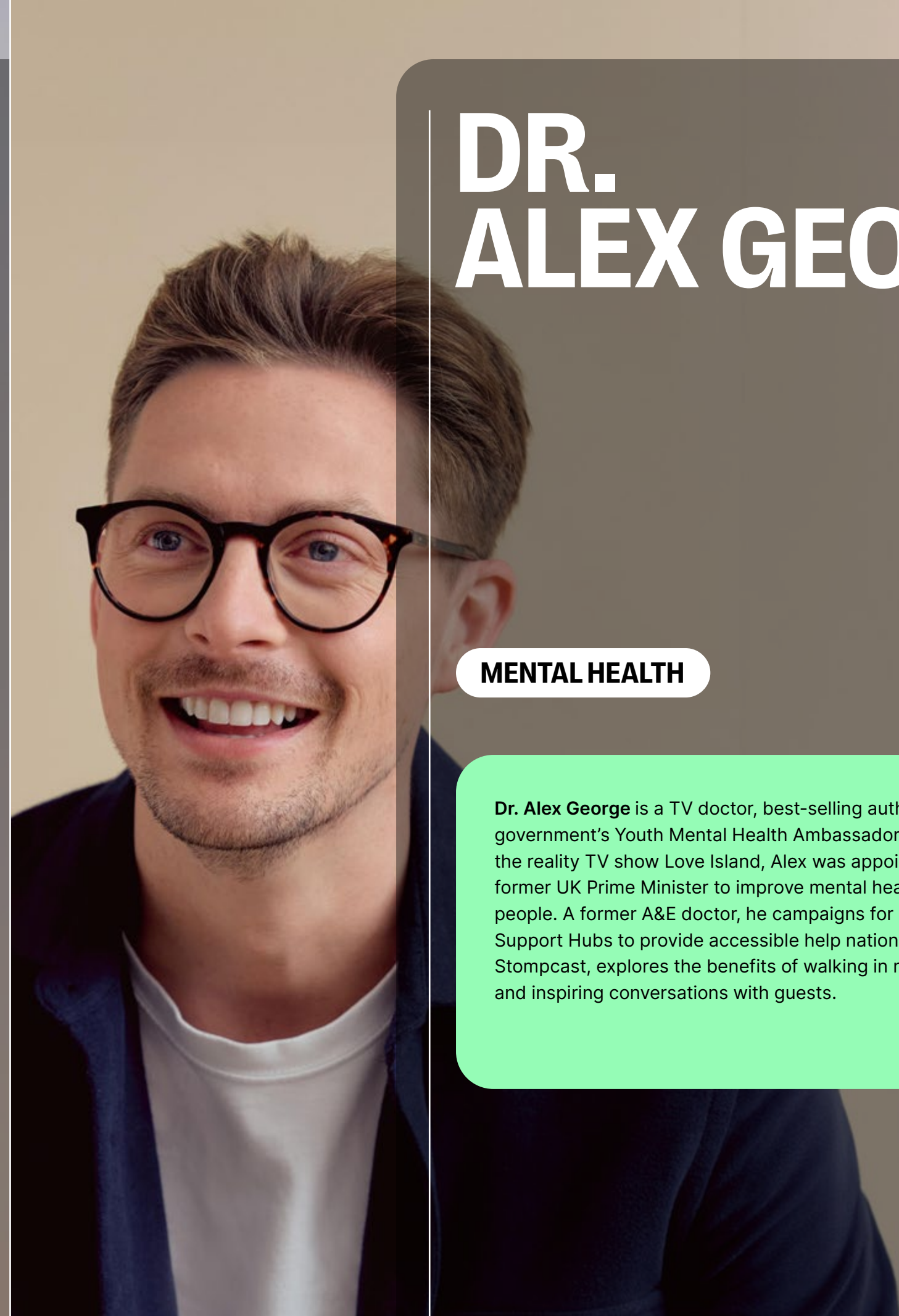


SPENCER MATTHEWS

WELLBEING

RESILIENCE

Spencer Matthews is a dynamic media personality, entrepreneur, and adventurer. He co-hosts the hit BBC Sounds podcast 6 Degrees with Jamie and Spencer and Spencer & Vogue, which has amassed nearly 15 million listeners. His acclaimed Disney+ documentary captured his emotional journey to Everest, where he searched for the body of his late brother, Michael, who went missing 23 years earlier. A passionate adventurer, Spencer set a Guinness World Record running 30 marathons in 30 days on sand and completed the Marathon des Sables, one of the toughest races on earth. He is also the founder of Clean, a pioneering no-alcohol drinks brand.



DR. ALEX GEORGE

MENTAL HEALTH

Dr. Alex George is a TV doctor, best-selling author, and the UK government's Youth Mental Health Ambassador. First rising to fame on the reality TV show Love Island, Alex was appointed to his role by the former UK Prime Minister to improve mental health support for young people. A former A&E doctor, he campaigns for initiatives like Early Support Hubs to provide accessible help nationwide. His podcast, Stompcast, explores the benefits of walking in nature, featuring candid and inspiring conversations with guests.

JO SELL

Jo is qualified in Applied Suicide Intervention Skills Training (ASIST) and Suicide First Aid and is an accredited Mental Health First Aid Instructor, as well as being a Life Coach and trained Talking Therapist. She also sits on a panel who meet quarterly at the House of Lords to discuss Mental Health in the Workplace and implementing change through sharing best practices.



MENTAL HEALTH

SANISHA WYNTER

Sanisha is a Black bi mother living with complex PTSD and mixed anxiety and depressive disorder. She uses her lived experience of mental health and recovery to inspire others, believing that vulnerability is a superpower. A TEDx speaker and Diversity & Inclusion Consultant, she raises awareness of the barriers people of color face in accessing mental health support. In 2019, she was recognized as a bi icon by the UK LGBT charity Stonewall.



MENTAL HEALTH

ED&I

JAKE MILLS

Jake, CEO of Chasing the Stigma, transformed his battle with depression into a mission to break mental health stigma. A former award-winning comedian, he founded the charity, launched the Hub of Hope – now the UK’s largest mental health database – and collaborates with leading mental health and arts organizations. A gifted compere and established writer, he’s contributed to UK publications like the Independent and Guardian. He’s a devoted husband, father, and football fan.



MENTAL HEALTH

JEANELL ENGLISH

Jeanell is a seasoned entertainment executive, wellbeing advocate, and EDI specialist. As a former leader at Discovery, she managed a multinational team of 750+ employees in sport production during Discovery’s first broadcast of the Olympic Games. Jeanell served as the EVP of Impact & Inclusion at the Academy of Motion Picture Arts & Sciences., and is the co-founder of Elizabeth and Minnie Publishing, amplifying diverse stories in entertainment.



ED&I

WELLBEING

SUKH RANDHAWA

Sukh is a Leadership Coach and facilitator with over 15 years of international experience. A qualified NLP practitioner with Harvard-accredited expertise in organizational culture, she empowers individuals and teams to navigate transformation and achieve peak performance. As a UK Delegate to the United Nations, Sukhdeep's work has earned her recognition as a finalist for prestigious awards, including the Great British Businesswoman Awards.



PERFORMANCE

ED&I

CHRIS PINNER

Chris started his career in Investment Banking and Strategy Consulting, where projects regularly demanded working weekends, 12+ hour days and the odd 36-hour shift.

Since founding Innerfit, Chris has led executive-level coaching programmes, facilitated team and leadership Away-days across Europe, and delivered a mix of keynote talks for organisations and audiences of all shapes and sizes.



CULTURE

ZOIEY SMALE

Zoiey is a seasoned sports professional with over 20 years of experience. From developing world-class athletes to advising global brands, her contributions have earned recognition from global business leaders, and have also featured on the BBC, ITV, NBC, and Sky. She has contributed to Forbes, The Huffington Post, and Cosmopolitan, sharing valuable insights on sports, EDI, and body positivity. She is a skilled coach and adjudicator, and has trained some of the top athletes we see on the world stage today.



PERFORMANCE

ED&I

ROB STEPHENSON

Rob Stephenson is a TEDx speaker, mental health campaigner, and founder of The InsideOut LeaderBoard – a charity that reduces stigma around mental ill- health in the workplace. He experiences bipolar disorder and inspires audiences to think differently about mental health. Rob provides practical tips and ideas rooted in his experience of living with bipolar.



MENTAL HEALTH

WELLBEING

LAURA WILLIS

Laura is a world leading expert on digital wellbeing at work, and a thought-leader on thriving in our constantly-on world. Her passion was sparked by a mental health struggle in 2013, caused by her dysfunctional relationship with her smartphone and poor work life balance. Since then, she has been helping others build healthy relationships with digital technology.



DIGITAL HABITS

ANN MARIE DAVIES

Ann is a qualified counsellor, Mental Health First Aid, and Suicide First Aid Instructor. With a 30-year career as a professional actor and presenter, she has seen first-hand the challenges the media industry can present. She has lived experience of mental ill-health, having grown up with an uncle who was diagnosed with schizophrenia. Ann is also a hypnotherapist and is in her third year of psychotherapy training.



MENTAL HEALTH

JULIE WRIGHT

Julie is a sleep coach and educator, founder of WeSleep, World Sleep Day ambassador, and published author. Julie herself battled with sleep issues and embarked on a journey to tackle them. She has helped 1000's of people have a better nights' sleep with evidence-based and natural solutions.



SLEEP

CLARKE & CARRIE CARLISLE

Clarke, a former pro footballer, and **Carrie**, an author and ex-TV presenter, have impacted over 1 million people with their story of resilience. Clarke has survived multiple suicide attempts, while Carrie manages anxiety. As parents of five, including a daughter with complex medical needs, they bring energy, humour, and real talk on mental health, EDI, and daily wellbeing.



MENTAL HEALTH

ED&I

KELLY SWINGLER

Kelly is a leading expert on workplace burnout. She has experienced multiple burnouts - one left her seriously ill, and the next nearly killed her. Now a global educator, speaker, and author, she makes burnout insights engaging, not dull. Kelly holds an MSc in Organisational Change and is currently studying an MSc in Neuroscience and Psychology of Mental Health, with plans for a PhD in Neuropsychology - all focused on burnout.



MENTAL HEALTH



DR. JULIE SHAW

Dr. Julie Shaw is a former pro basketball player, university professor, and leadership expert. Based in LA, she spent nearly 15 years coaching collegiate women's basketball, leading teams to success and collaborating with the NBA and The Women's Sports Foundation. She holds a doctorate in Leadership and is a certified grief educator. She speaks on DEI, leadership, and team building.



PERFORMANCE

WELLBEING

DR. ALLY

Dr. Ally Powell-Hicks is a mental health expert, media personality, and psychofuturist based in LA. With a Ph.D. in Clinical Health Psychology, she blends neuroscience and creativity to help individuals and brands align authentically. As well as lecturing at California State University LA, she also coaches celebrities and executives, and has featured on mainstream networks like NBC, HBO Max, MTV, and FOX.



MENTAL HEALTH

ED&I

MATT HOLMAN

Matt is an Award Winning Global Mental Health Advocate, Mental Health First Aid instructor, and TEDx speaker. He has delivered hundreds of Mental Health First Aid and Mental Health Awareness trainings to organizations across the globe. Matt is also a podcast-host, (Matt Holman Talks Mental Health) keen runner, amateur golfer, and father to two daughters.



MENTAL HEALTH

LUTHER BURRELL

Luther is a former England Rugby International and English Premiership winner, coach, and keynote speaker.

As well as inspiring audiences with the stories of success and adversity faced in his sporting career, he is a passionate champion of diversity and mental health. He applies his expertise in unlocking high-performance on an individual when coaching and mentoring senior leaders, and at an organizational level when advising companies how to create a truly thriving culture.



PERFORMANCE

ED&I

CLEMMIE MACPHERSON

Clemmie is a Qualified Nutritional Therapist (DiplON), Registered Associate Nutritionist (MSc, AfN). She supports people living with Inflammatory Bowel Diseases to improve their quality of life, and educates other Nutrition and healthcare professionals on supporting IBD patients with a personalised, evidence-based approach. She has also carried out postgraduate research in IBD at the University of Aberdeen.



NUTRITION

JAMIE BAULCH

Jamie is a TV presenter, and former Olympic and World Champion athlete. Jamie enjoyed an athletics career spanning 15 years, in which became World Indoor 400m Champion and won an Olympic silver medal in the 4x400m relay.

Since retiring, Jamie's energy and fun-loving nature have made him a popular presenter and guest on numerous programmes, including a BBC documentary in which Jamie went in search of his birth mother. The films' emotional ending captured the hearts of everyone watching and made national headlines.



PERFORMANCE

MENTAL HEALTH

ANNA MCNUFF

Adventurer, Speaker, Restless mumma. **Anna McNuff** has run 2,300 miles barefoot across Britain, cycled 5,500 miles through South America’s Andean mountains, and has been listed in the top 50 most influential travellers in the world by Condé Nast Traveler. She is the UK ambassador for Girlguiding and her South American travel memoir - Llama Drama - won the Amazon Storyteller literary award. Her tales and psychology-based teaching points inspire and empower others to overcome challenges and take on the world.



RESILIENCE

MINDSET

LEON ROLLE

Best known as a founding member of the platinum-selling band Rudimental, **Locksmith** is a music star and fitness enthusiast. A promising footballer in his youth, he trained with Premier League clubs but wasn’t signed professionally. His mental toughness and dedication to fitness carried him forward, leading to millions of records sold and success in other areas—like SAS: Who Dares Wins, where he was one of just two to complete the grueling selection process. Locksmith exemplifies the belief that hard work and resilience can turn setbacks into success.



WELLBEING

MOTIVATION



DR. BOE

Dr. Miranda Boe is a licensed clinical psychologist with expertise in mental and emotional health. As the founder of The Breathing Room, an LA-based wellness sanctuary and meditation center, she is focused on identifying the root causes that prevent people from living fully and providing effective strategies to help them thrive.

WELLBEING

MENTAL HEALTH



DR. BRENDON STUBBS

Professor Brendon Stubbs is one of the world’s leading mental health researchers, consistently ranked in the top 0.1% of neuroscientists since 2019. With over 800 published papers, his work has influenced global health policies, bridging science with real-world impact. Brendon has held senior roles in MedTech and academia, including King’s College London, and his expertise is featured by The New York Times, TIME, and CNN. As lead scientist for the acclaimed documentary Mind Games, he shares evidence-based mental health solutions with global audiences.

NEUROSCIENCE

MENTAL HEALTH

VIDA CARMEL

Vida is a Behavioural Change Coach with 6+ years' experience helping people think differently and positively change their lives. She is a speaker, trainer and coach focusing on self-care and belief change. Having worked in prisons, schools and both the public and private sector, she has a unique insight to share. Vida is a certified Generative Coach and Neuro Linguistic Programming Master Practitioner (NLP).



MINDSET

BEHAVIOUR CHANGE

GARETH TIMMINS

Gareth is a former Royal Marines Commando, accomplished author, and behavioural performance coach. Drawing from high-stakes experiences in Afghanistan and Somalia, he specialises in empowering leaders and their teams to thrive under pressure. His books, *Becoming the 0.1%* and *The 0.1% Academy*, offer actionable insights into achieving sustained elite performance.



PERFORMANCE

HELLO@INNERFIT.CO.UK
WWW.INNERFIT.CO.UK