

Jeremy Cox – Conference speaker introduction

Short introduction (56 words)

Our next speaker is a one time soldier, head hunter, professional musician and leadership specialist who's worked with over 150 organisations, from Coca Cola to Disney, GSG – 9 to Saga, here to help us understand how we can have the best of all worlds, 'Excellence. Without stress'
... please give a very warm welcome to Jeremy Cox



Longer introduction (135 words)

Our next speaker started out as a professional musician, studying piano at the Royal College of Music and then running a jazz quartet. He then changed career, joined the British Army, became a captain in the Household Cavalry, served with airborne forces and instructed at the Royal Military Academy Sandhurst, winning the Sovereign's award for best trained platoon. He left to become an advisor to over 150 companies, from Coca Cola to Disney, GSG – 9 to Saga helping executive boards lead a culture of sustainable high performance. He has also worked for over 25 years with select group of Olympians and Sports Psychologists. He's here to help us understand how we can create a culture which gives us the best of all worlds; 'Excellence. Without stress'
... please give a very warm welcome to Jeremy Cox