



Leon Taylor
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I strongly dislike cucumbers!



A bit about me....

After 20 years in elite sport, and being an Olympic medallist in Diving, I began commentating for the BBC, becoming the 'Voice of Diving'. A qualified coach with a Diploma from the Academy of Executive Coaches (AoEC), I have been coaching executives across a variety of sectors since 2014 building on over 15 years experience of mentoring Olympic and Paralympic athletes.

My passion for physical and mental wellbeing saw me deliver a TEDx talk that has had over a million view. Now, I enjoy my lead trainer role for Headspace Move Mode, where I share my experience and talent for inspiring others to improve how they think, move and feel.

A yoga teacher for over a decade, and a personal trainer, I delivered public Mindset and Movement sessions every week, live on Zoom which brought a sense of community and vital routine during a turbulent 2020 and 2021.

I am an experienced speaker to a variety of audiences from business leaders to school children, and have inspired and entertained thousands of people. I have an infectious passion and enthusiasm for the lessons I have learned and, as a result, I have been asked to speak at a wide range of events covering areas such as Coaching, Mentoring, Change, High performance, Innovation, Mindset, Feedback and dealing with adversity.

I've worked with....

- BMW
- Deloitte
- L'Oreal

Colleague View

Leon's presentation was a real hit! He's both an engaging and informative speaker and tailored his presentation to the international audience and received great feedback scores from the team. Highly recommended.

Leon quickly grasped the challenges facing the senior leadership team, his delivery of the programme was not only very impactful but a lot of fun too. The extra confidence his coaching sessions gave to the leaders helped them deliver through a very challenging period.

Client View

Leon is a joy to work alongside, he always makes sure everyone is looking after themselves and inspires us to keep our energy and enthusiasm as high as hi s, or at least try to!

Credentials & Qualifications

- Academy of executive coaching : Practitioner diploma in Executive coaching
- Emotional Intelligence Profile (EIP) qualified to deliver through JCA global
- NLP Master practitioner